

# WESTWOOD SENIOR NEWSLETTER

*Co-sponsored by the Friends of Westwood Council on Aging*

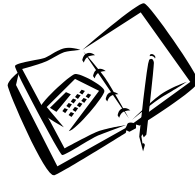
**60 Nahatan Street, Westwood, MA 02090**

**(781) 329-8799**

**Director, Pat Larkin**

**JANUARY 2011**

*from the*  
**DIRECTOR'S DESK**



Happy New Year! I trust that the New Year will bring you good health, happiness and many visits to the Senior Center. We offer a variety of programs and services and would be very pleased to have you visit at any time.

We are now scheduling appointments with our AARP Representative for Income Tax Assistance. Simply call 781-329-8799 to schedule your appointment. We have transportation available to bring you to the Senior Center for any program. I will look forward to seeing you soon.

Sincerely,

*Pat Carty-Larkin*

Director, Westwood COA

## **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

## **SPECIAL NOTICE**

Reminder: The Senior Center is closed when the Westwood schools are closed. Channels 4 and 5 carry the "No School" announcements.

## **WRITING CLASS BEGINS THIS MONTH**

We are pleased to announce our new Writing Class, led by Anna Simon, begins January 20th. This class is a six week commitment. The student cost is \$50.00, as the COA is subsidizing \$85.00 per student. At the time of registration, each student will receive an \$85.00 credit toward the total cost, thus costing each student \$50.00, or only \$8.33 per class.

Reserve your spot - register soon!

## **NEW SERVICE at the COA**

We will schedule appointments with Neil Orlando, Director of Senior Crime, from the District Attorney's office, beginning this month.

Neil will be available the second Monday of each month to discuss senior issues. The first meeting will take place on January 10<sup>th</sup>, between the hours of 10:00 – 11:00am.

Please plan on stopping by the Senior Center to say hello to Neil and ask him about any concerns you may have regarding Senior issues.

## **WESTWOOD SINGS**

January 27, Snowdate-February 3 10:00-10:45  
Introducing a new program in collaboration with the Westwood Senior Center, Westwood Early Childhood Council and the Westwood Public Library.

Join Westwood resident Duane Sullivan in a fun filled sing a long! Bring your grandchildren and enjoy the music together.

Please call 781-329-8799 to register.

**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**

**Bereavement Group** **Free**  
 Wednesdays Jan. 5, 12, 26 10:00am  
 Bereavement Group meets at the Senior Center. Everyone is most welcome to attend. The facilitators are Dorothy Ruggiero and Mary Sethna.

**Bereavement Group** **Free**  
 Wednesday January 12 1:00pm  
 Alice Barkin's Bereavement Group meets once a month.

**Blood Pressure Clinic** **Free**  
 Wednesday January 19 9:00am  
 Westwood's Board of Health nurse is available to check your blood pressure the 3<sup>rd</sup> week of every month.

**Book Club** **Free**  
 Wednesday January 26 2:00pm  
*Major Pettigrew's Last Stand* Helen Simonson  
 Share your thoughts and meet new friends.

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

**Bowling League**  
 Mondays Jan. 3, 10, 24, 31 9:30am  
 Meet new friends, and have fun while exercising! We meet at the Norwood Bowling Alley.

**Bridge**  
 Fridays Jan. 7, 14, 21, 28 11:30am  
 Join us for Rubber Bridge. Bring your partner, or come alone!

**Chair Yoga** **\$2.00/session**  
 Tuesdays Jan. 4, 11, 18, 25 9:30am

**Floor Yoga**  
 Tuesdays Jan. 4, 11, 18, 25 11:00am  
 Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited.

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

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

Continued page 3

**Folsom**  
 FUNERAL SERVICE

**Prearranged & Prefinanced Funerals**

649 HIGH ST.  
 WESTWOOD

**781-326-0022**

**Thank You**



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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 from page 2)

**Elder Law and Estate Planning** **Free**  
 Wednesday January 19 10:00am  
 Attorney Pelligrini will take questions on Elder Law the 3<sup>rd</sup> Wednesday of each month.

**Indoor Walking**  
 Tuesdays Jan. 11, 18, 25  
 Thursdays Jan. 13, 20, 27 3:15pm  
 We walk the halls of Westwood High School on Tuesday and Thursday afternoons. Walk at your own pace, and bring your friends to join you!

**Knit and Crochet** **Free**  
 Thursdays Jan. 6, 13, 20, 27 1:30pm  
 Bring your materials and patterns, and join us for a relaxing session.

**Ladies Craft Group** **Free**  
 Monday January 24 10:00am  
 The Ladies Craft Group usually meets the first three Mondays of each month.

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

**Legal Advice** (by appointment only) **Free**  
 Tuesday January 4 9:00am  
 Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors. She will provide one-on-one counsel the first Tuesday of each month. This service is provided by appointment only.

**Low Impact Exercise** **\$2.00/session**  
 Mondays Jan. 3, 10, 24, 31  
 Wednesdays Jan. 5, 12, 19, 26 1:00pm  
 Keep fit, stay healthy,!

**Painting** **Free**  
 Mondays Jan. 3, 10, 24, 31 1:00pm  
 Bring your own supplies, dive in and enjoy!

**Quilting** **\$1.00**  
 Tuesdays Jan. 4, 11, 18, 25 10:00am  
 Bring your supplies, and join our group of quilters!

**Senior Crime Issues**  
 Mondays January 10 10:00am  
 Neil Orlando, Director of Senior Crime in the District Attorney's office, will be available the second Monday of each month to discuss senior crime issues.  
 Please plan on stopping by the Senior Center to say hello to Neil and ask him about any concerns you may have regarding Senior issues.

(continued on page 5)

**RAZZA  
 LAW OFFICES**  
**Michael S. Razza, Esq.**



Serving our Westwood Senior Community since 1972  
 National Academy of Elder Law Attorneys

**WILLS - TRUSTS - ASSET PROTECTION  
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 95 Chapel Street, Norwood, MA  
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**HOLDEN  
 DUNN  
 LAWLER**

**FUNERAL HOME**

55 High Rock Street  
 hdlfuneralhome.net  
 email: [westwoodfh@verizon.net](mailto:westwoodfh@verizon.net)

**TEL: (781) 326-0074**

**SPACE FOR SALE**

**SPONSOR THIS  
 NEWSLETTER!!!**

For more information, please call

**800-732-8070**





**CLASSES  
and REGULARLY  
SCHEDULED  
ACTIVITIES**

(continued from page 3)

**SHINE** (Serving Health Insurance Needs of Elders)  
 Tuesday January 4 10:00am – 1:00pm  
 The COA offers SHINE counseling assistance the first Tuesday of each month. Lori Howell, SHINE representative, will help you deal with any issues or questions you may have regarding your health insurance.

**Surf the Internet** **Free**  
 This introduction to the many facets of searching the WEB is available to seniors who want to learn the Internet. This is a hands-on class. Use our computers or bring your own laptop. A variety of days and times are available!  
 Call to reserve your one-on-one session.

**Tai Chi** **\$3.00/session**  
 Tuesdays Jan. 4, 11, 18, 25 1:00pm  
 Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

**Walk-Fit- Cardio-Strength Training** **\$3.00/class**  
 Tuesdays Jan. 4, 11, 18, 25 8:30am  
 Thursdays Jan. 6, 13, 20, 27 8:30am  
 Join Eileen for this strength training class. Good for balance and posture, and to help increase your well being. Please bring water and a 1 or 2 lb weight.



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

**Wii Games** **Free**  
 Thursdays Jan. 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 6 - 2 hour sessions - \$50.00**  
 Thursdays January 20  
 Feb. 3, 10, 17, 24,  
 March 3 2:00pm  
 Anna Simon is an accomplished writer as well as an inspiring teacher. She has an impressive following.  
 Register soon to reserve your place in our new Writing Class. Enjoy!

**Writing Group** **Free**  
 Fridays Jan. 7, 21 2:00pm  
 Share your thoughts and meet new friends. Usually meets the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month.



Congress authorized purchase of Thomas Jefferson's library as nucleus of the Library of Congress, January 30, 1815.

Franklin D. Roosevelt, 32nd President of the United States, born at Hyde Park, N.Y., January 30, 1882.

Facts from World Book Millenium



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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**

**COPD Discussion**

Thursday January 13 11:00am  
 A representative from Caritas Norwood Hospital's Respiratory Services Department will offer a presentation about "Living with Pulmonary Issues" and will also speak about awareness of medication interaction

**Health Care Proxy Talk**

Monday January 31 11:00am  
 Terri Hoitt, Licensed Independent Social Worker at Norwood Hospital, will present a very important talk on *Health Care Proxy and Advanced Directives*. She will also provide the necessary forms.

**Westwood Senior Men's Club**

Thursday January 13 10:00am  
 Senior Men's Club Executive Board Meeting.

**Westwood Sings**

Thursday January 27 10:00am  
 Introducing a new program in collaboration with Westwood Senior Center, Westwood Early Childhood Council and the Westwood Public Library.

Join Westwood resident Duane Sullivan in a fun filled sing a long! Bring your grandchildren and enjoy the music together.

**Snow date Feb. 3<sup>rd</sup>**

**Westwood Woman's Club**

Wednesday January 5 10:00am  
 Executive Board Meeting

**Westwood Woman's Club**

Wednesday January 12, 26 10:00am  
 Great Decisions Group.

**ENTERTAINMENT**



**Bingo**

**Free**

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

**MOVIES**



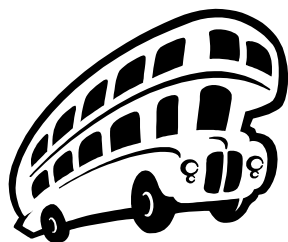
**FREE**

**ALL MOVIES SHOWN AT 2:00 pm on TUESDAYS**

January 4	Temple Grandin	Claire Danes
January 11	Sweet Dreams	Ed Harris Jessica Lange
January 18	Somewhere in Time	Christopher Reeve Jane Seymour
January 25	The Man Who Never Was	Clifton Webb Gloria Grahame

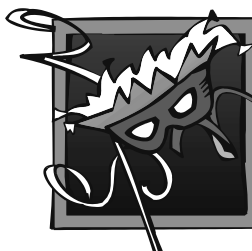
PLEASE LET US KNOW OF ANY MOVIES YOU WOULD LIKE TO SEE.





## DAY TRIPS

**Mardi Gras Day**  
at  
**Lantana in Randolph**



**\$42.00**

**TRANSPORTATION NOT PROVIDED**

Tuesday February 22 **\$42.00pp**

A New Orleans born and bred vocalist and actor, Henri Smith has long been a radio personality in the city. After Hurricane Katrina, he was displaced and has ended up here in New England. This velvet throated singer will share the rich musical and cultural heritage of New Orleans during this multi faceted show. In fact, you'll think that you're on Bourbon Street in New Orleans.

Meal Choice: Baked Stuffed Chicken Breast or Blackened Pork Loin



## RHODE ISLAND FLOWER SHOW

**\$16.00pp**

Tickets are limited.

Thursday February 24 **\$16.00pp**

The 19<sup>th</sup> Annual Rhode Island Spring Flower and Garden Show is partnering with the American Heal Association marrying the beauty of nature with popular romantic love stories that touch the heart. Stroll through the 28 gardens, each a reminder of your favorite movie, song or novel. The \$16.00 includes the ticket and transportation. One can bring or purchase their lunch at the show. Tickets are limited.

## DAY TRIPS (continued)

*"Live from Ireland"*

### Celtic Nights

Venus Ed Milo  
In Swansea



**\$68.00pp**

Wednesday March 9 **\$68.00pp**

**A Celebration of Irish Music, Song, Dance and Laughter with Tony Kenny and Joe Cuddy followed by the Celtic Nights Dancers.**

Tony Kenny has thrilled audiences around the work with his exceptional talent. He has achieved phenomenal success as a recording artist; his numerous recordings have been hits on both sides of the Atlantic. Included in this ensemble is the unparalleled Irish wit of Joe Cuddy. The Celtic Dancers, comprised of dancers from Ireland's most prestigious dance companies, led and choreographed by principal dancer Edna Dunne and directed by Ireland's award-winning choreographer, producer, and director Joan Kenny rounds out the show.

Meal Choice: Corned Beef and Cabbage or Baked Haddock



## BOSTON FLOWER and GARDEN SHOW

**\$20.00pp**




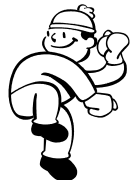
Thursday March 17 **\$20.00**

Leave behind the gray days of winter and rejoice in the 2011 show, themed A Burst of Color: Celebrating the Container Garden. Boston's biggest horticultural happening provides the tools and inspiration to kick off the season in style! The \$20.00 fee includes the ticket and transportation. Lunch can be purchased at the Flower Show

(continued page 9)

## HESSCO ELDER SERVICE - JANUARY MENU

*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.*

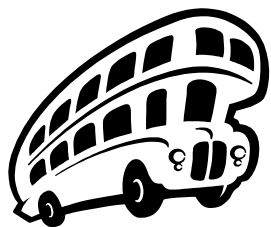
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
BBQ PORK PATTY LYONNAISE POTATO BROCCOLI >WHOLE WHEAT BREAD PEACHES	SWEET & SOUR BONELESS CHICKEN ASIAN RICE ORIENTAL BLEND VEG. >FRUIT MUFFIN PINEAPPLE	MACARONI & CHEESE SCALLOPED TOMATO >MULTIGRAIN ROLL FRESH FRUIT	ROAST TURKEY with GRAVY WHIPPED POTATO SQUASH >WHOLE WHEAT BREAD BROWNIE	SPAGHETTI WITH MEAT SAUCE ITALIAN BLEND VEG DINNER ROLL #SMOOTHIE
<i>CALORIES:481 SODIUM:662</i>	<i>CALORIES:314 SODIUM:144</i>	<i>CALORIES:483 SODIUM:674</i>	<i>CALORIES:330 SODIUM:563</i>	<i>CALORIES: 271 SODIUM:534</i>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
CHICKEN ALA KING RICE PILAF CALIFORNIA BLEND VEG. >WHOLE WHEAT BREAD APRICOTS	BEEF AND CABBAGE CASSEROLE BOILED POTATO DINNER ROLL #PUDDING	KALE SOUP CHICKEN MARSALA PARMESAN WHIPPED POTATO >WHOLE WHEAT ROLL FRESH FRUIT	BEEF BURGUNDY NOODLES HARVARD BEETS BEEF BURGUNDY >WHOLE WHEAT BREAD MANDARIN ORANGES	CRUNCHY LITE FISH BEANS & RICE ZUCCHINI & TOMATO >FRUIT MUFFIN ZUCCHINI & TOMATO
<i>CALORIES:350 SODIUM:313</i>	<i>CALORIES:201 SODIUM:71</i>	<i>CALORIES:461 SODIUM:387</i>	<i>CALORIES420 SODIUM:369</i>	<i>CALORIES:276 SODIUM:369</i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>CLOSED</b>  <b>MARTIN LUTHER KING DAY</b>	CREAM OF CARROT & CELERY SOUP HONEY MUSTARD CHICKEN FLORENTINE RICE >MULTIGRAIN ROLL ORANGE	MEATLOAF W/ GRAVY WHIPPED POTATO MIXED VEGETABLE WHITE BREAD "ARCTIC ICE	TURKEY STEW WITH VEGETABLES PARSLEY WHIPPED POTATO >WHOLE WHEAT ROLL #APPLESAUCE CAKE	GREEK MEATBALLS GARLIC NOODLES ROMAN STYLE VEG >WHOLE WHEAT BREAD PINEAPPLE
<i>CALORIES: SODIUM:</i>	<i>CALORIES:445 SODIUM:351</i>	<i>CALORIES:468 SODIUM:307</i>	<i>CALORIES358: SODIUM:106</i>	<i>CALORIES:293 SODIUM:618</i>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
STUFFED SHELLS w/ SAUCE TUSCANY BLEND VEG. >WHOLE WHEAT ROLL PEACHES	GROUND BEEF STROGANOFF BUTTERED NOODLES BROCCOLI >WHOLE WHEAT BREAD APRICOTS	<b>HAPPY BIRTHDAY!</b> BBQ BONELESS CHICKEN BREAST RED BLISS POTATO RIVERA BLEN VEG. >MULTIGRAIN ROLL #BIRTHDAY CAKE	REDUCED SODIUM HOT DOG WITH ROLL *MUSTARD PACKET VEGGIE BEANS GERMAN SLAW FRESH FRUIT	LEMON BUTTER SCALLOPS PARSLEY WHIPPED POTATO SCANDINAVIAN BLEND VEGETABLES WHITE BREAD #ARCTIC ICE
<i>CALORIES:256 SODIUM:474</i>	<i>CALORIES:493 SODIUM325</i>	<i>CALORIES 282 SODIUM:225</i>	<i>CALORIE:5403: SODIUM:1038</i>	<i>CALORIES244 SODIUM:246</i>
<b>31</b>				
BREADED CHICKEN BREAST GARLIC NOODLES MIXED VEGETABLES HAMBURGER ROLL APPLE SLICES				<b>CONFIDENTIAL DONATION IS \$2.50 PER MEAL. TO CANCEL, PLEASE CALL: (781) 329-6514</b>
<i>CALORIES:420 SODIUM: 620</i>	<i>CALORIES: SODIUM:</i>	<i>CALORIES:391 SODIUM: 624</i>	<i>CALORIES:472 SODIUM: 640</i>	<i>CALORIES: SODIUM:</i>

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

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

A donation of \$2.50 is greatly appreciated.





# DAY TRIPS

(continued from page 7)

Laughs – Giggles & Grins  
with

**Pete Michaels**  
and his "Friends"

at

Luciano's in Wrentham, MA

Thursday

May 19

\$40.00pp

### TRANSPORTATION NOT PROVIDED

Pete Michaels was an opening act for Neil Sedaka and Bobby Vinton and with major Film and TV credits like: Late Night with Conan O'Brien; Showtime at the Appollo; Comedy Central; Let's Laugh with Sherman Hemsley, and many others it's no wonder why Pete Michaels is one of the most in demand performers today. Meal Choice: Chicken Parmesan with Pasta or Baked Haddock with Potato



## NANTUCKET ISLAND

**A full day adventure!**

Thursday

June 23

\$164.00

Indulge yourself in a one-of a kind special day trip to New England's most famous Island, Nantucket. Following an early departure we start our day with a full "All you can eat Breakfast Buffet" at the Old Country Buffet in Hyannis, then on to the Hy-Line Cruises where we will board the high speed ferry, The Grey Lady, for an one hour crossing to Nantucket Island. Upon arrival, we will enjoy a fully narrated 1 ½ hour riding tour of the lovely Island. The tour will return to downtown where we will have ample time for lunch and shopping on our own. At 4:35pm we will depart on the

(continued next column)

# DAY TRIPS (continued)

## NANTUCKET ISLAND (continued)

high speed ferry back to Hyannis. Dinner will be served at the Classic Raw Bar, located right on the Dock. Here we will enjoy the crowning moment of the day as we are served one of New England's Greats - lobster rolls featuring more that ½ pound of lobster meat. Enjoy

## A BIT OF TUSCANY

at the

**Zorvino Vineyards**

in

Sandown, NH



Wednesday

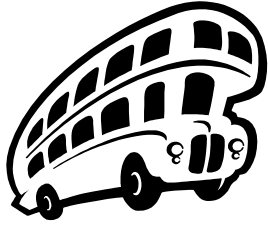
July 27

\$68.00pp

Enjoy a taste of Europe! Walk the Gardens, Play Bocce & Enjoy a Complimentary Wine Tasting. Showtime with the music and song of Ray Cavicchio and Sharon Zee. As always, Ray and Sharon will delight their audience with a wonderful blend of Italian favorites and all time hits. And don't forget your dance shoes, because they'll be offering up both line and ballroom choices.

Meal Choices: Grilled Marinated Chicken stuffed with Prosciutto Ham  
or  
Baked Haddock seasoned with Italian Bread Crumbs

.....  
During his remaining hours in office, President Bill Clinton pardoned 151 people on January 20, 2001. Among those pardoned was Patricia Hearst. In the 1970s, Hearst dominated the headlines when as a 19-year-old heiress, she was kidnapped by the radical Symbionese Liberation Army. She was later sent to prison for participating in a San Francisco bank holdup. Hearst's 7-year prison term was cut by President Jimmy Carter, but her convictions remained on record until Clinton's pardon.



## DAY TRIPS

(continued from page 9)

### FALL FOLIAGE TRAIN RIDE

Through New Hampshire's Lakes, Mountains and Scenic Byways



Friday September 30 \$93.00pp

Join us for a special train ride through some of New Hampshire's best scenic areas. This trip is the most comprehensive foliage train ride offered in New England. We will travel for 4 hours past Lake Winnepesaukee, through the T=White Mountains regions of NH, and through some of Ne England's prettiest towns such as Meredith, New Hampton, Ashland, Plymouth, Bridgewater and Livermore Falls. As we make our way north our train stops directly in front of the Common Man Inn in Plymouth, HN for a scrumptious meal. Know for their excellent cuisine and terrific service this luncheon will leave each traveler raving about their experience.

Meal Choices: Roast Fee with a Garlic Demi Glace

or

Roast New England Turkey with Sage Stuffing.



The trouble with being punctual is that nobody's there to appreciate it. Franklin P. Jones

When I was born I was so surprised I didn't talk for a year and a half. Gracie Allen

from [www.cleanjoke.com](http://www.cleanjoke.com)

## DAY TRIPS (continued)



### THE MASTROS

at

Luciano's on Lake Pearl

in Wrentham



Wednesday October 19 \$40.00

Transportation NOT provided

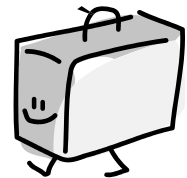
Be Excited ... Be Dazzled... Be Inspired!!! The show features a fabulous combination of high energy and great talent. You'll be delighted you came. Frank & Maura perform an original show of singing, comedy and celebrity impressions that the New Your Post Says:

"Frank & Maura are utterly charming"

Meal Choices: Baked Haddock

or Chicken Parmesan

## OVERNIGHT TRIPS



### THE COMMON MAN INN

Plymouth, NH

Thursday Oct. 6,7 \$199.00 Double/Triple & Friday \$249.00 -Single

Enjoy the Inn's amenities Spa, Pool, Jacuzzi, Lounge, 3 meals: Breakfast, Lunch and Dinner and the Tour Director.

Program Highlights: Scenic Train Ride of the White Mountains on the Hobo Railroad, Picturesque Gondola Ride to the Top of Loon Mountain, Shopping at NH's Tilton Outlets, and time to relax at the Common Man Inn.



Ask the Expert: Mary Jane  
Frequently Asked Questions About  
Social Security & Medicare

From [www.mycommitte.org/site](http://www.mycommitte.org/site)

Health Care Reform and Medicare FAQs

***Q. My out-of-pocket costs are expensive enough as it is. Why should I support cutting Medicare to pay for covering the uninsured?***

A. Despite the rumors you may have heard, health care reform does not cut Medicare's traditional, guaranteed benefits. Quite the opposite: the new law explicitly prohibits such cuts. There are significant Medicare savings in the bill, but the money does not go to pay for covering the uninsured — it just looks that way because of our government's budget and accounting rules.

In fact, the Medicare savings stay in the Medicare program — which is why the Part A Trust Fund will stay solvent at least another decade beyond what we expected before health care reform, and premiums and other out-of-pocket costs will grow more slowly in the future. Most of the savings were voluntarily agreed to by hospitals and other affected provider groups because they believe the additional insured patients and efficiencies included in the law will save them money. They contributed part of these savings back to the Medicare program by agreeing to slower rates of growth in future payments.

***Q. I still don't understand how you can cut Medicare by over \$400 billion and not hurt seniors. Where does the money come from?***

A. Most of the savings come from reducing the annual increase in Medicare payments to

hospitals, skilled nursing facilities, and home health agencies. They will continue to get larger payments every year; those payments will simply get smaller inflation increases in the future. Hospitals will also see gradual reductions in the payments they receive to help cover the cost of uncompensated care because they will have fewer uninsured patients to treat.

Additional savings come from bringing Medicare Advantage payments in line with traditional Medicare. Medicare Advantage is the privatized portion of Medicare. In order to entice private insurers to cover seniors, Congress has been subsidizing these plans — at a cost of \$11 billion in 2009 alone. This raises the government's costs and shortens the solvency of the Part A Trust Fund. Seniors are also subsidizing these plans.

Whether they are enrolled in a Medicare Advantage plan or not, seniors will pay about \$90 extra per couple this year to help cover the excess payments to the private plans. The new law does not cut the benefits Medicare Advantage plans offer — it slowly reduces reimbursements to the private insurance plans over time so they are closer to the amounts traditional Medicare would pay to cover the same seniors. The new law also includes significant new protections for those enrolled in the plans.

Finally, the new law strengthens efforts to reduce waste and fraud in the Medicare program, and puts in place the building blocks for significant new cost savings in the future through changes in our health care delivery system.

**NEWSLETTER SUBSCRIPTIONS**

If you did not receive your newsletter this month, it might be because you did not send in your \$4.00 for your subscription.

Please mail your \$ 4.00 check to Friends of Westwood COA, 60 Nahatan St., Westwood, MA 02090

## 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.

JAN	DATE	DESTINATION	PICK-UP	FEE
	7	Roche Bros.	9:30am	\$2.00
	11	Braintree Mall	9:30am	\$2.00
	14	Shaw's Market	9:30am	\$2.00
	18	X-Mas Tree – Avon	9:30am	\$2.00
	21	Hannaford's Mrkt	9:30am	\$2.00
	25	Braintree Mall	9:30am	\$2.00
	28	Stop & Shop	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. All Westwood Glen residents will be picked up at Building #2. Highland Glen residents will be picked up at the flagpole. 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 3<sup>rd</sup> 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.

**Medical Transportation to Boston:** Rides are available through the Foxfield Taxi Service, 1-800-585-8294, for \$25.00. Twenty-four hours notice is required, and the rides are available only on Mondays and Wednesdays.

**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;"><b>Council on Aging Board Members</b></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;"><b>Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</b></p>	<p style="text-align: center;"><b>NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT #16</b></p>
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