

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

JUNE 2013

NOTE FROM THE COA DIRECTOR

Director's Report:

June is such a pretty month. Flowers popping up in our gardens, green leaves on the trees and a general feeling of happiness from the warmth of the sun. The Farmer's Market will be opening on Tuesday, June 11th at the Senior Center. We can enjoy delicious fresh fruits and vegetables for the entire summer. Our programs continue all summer long and we would love to have you join us. Please read through the newsletter and take advantage of the Senior Center and all that we have to offer.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

Manicures Are Back!! See Page 4 for details.

A Reminder from Our Police Department

Beware of telemarketers and scammers calling. It all sounds good and legitimate until they get into your house!! Always research anyone doing work in your home and remember "if it sounds too good to be true, it usually is". If you decide to have any work done, always get cost and what they are going to do in **writing** with an estimate.

The Westwood Food Pantry is a proud recipient of the *2013 Roy London Humanitarian Award*. Trish Tucke, Food Pantry Administrator graciously accepted the award on behalf of the Food Pantry Committee and the Council on Aging.

Summer Concerts

The wonderful Summer Concerts are scheduled for July 1, 8, 15, 22, & 29. What a great way to spend a summer evening. See schedule on page 3.

HESSCO lunch served daily: Please call Nina 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 HELP!

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 set up a time.

Fun Fit Exercise **\$3.00/session**
 Mondays June 3,10,17,24 9:00am
 Wednesdays June 5,12,19,26 9:00am
 Fridays June 7,14,21,28 9:00am

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

Tai Chi **\$3.00/session**
 Tuesdays June 4,11,18, 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 June 4,11,18, 9:30 am

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

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**
 Tuesdays June 4,11,18, 1:00pm

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

Ladies Craft Group **Free**
 Mondays June 3,10 10:00am

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

Low Impact Exercise **\$3.00/session**
 Mondays June 3,10,17,24 1:00pm
 Wednesdays June 5,12,19,26 1:00pm
 Keep fit, stay healthy!

Painting **\$40.00 plus supplies**
 Mondays June 3,10,17 1:00pm

8-week session watercolor painting class.

Quilting **\$1.00**
 Tuesdays June 4,11,18, 10:00am

Join our group and enjoy quilting with friends.



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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)

ONGOING ACTIVITIES

Bereavement Group Free

Wednesday June 12,26 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 June 19 9:00am

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

Book Club Free

Wednesday
Book to be announced June 19 1:00pm

Summer Band Concerts Schedule

- July 1 TBD
- July 8 *Jeannie Mac Children’s Band* 6:30 - 7:30
- July 15 *No Where Man Beatles Cover Band* Sponsored by Needham Bank 6:30 – 8:00
- July 22 *Bubble Man Children’s Show and Bubble Show* Sponsored by Westwood Pizza 6:30 – 7:30
- July 29 *Carl Eisman Band Modern Jazz* 6:30 – 8:00

Legal Advice (by appt. only) Free
Tuesday June 4 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-
Wednesdays 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. 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.



GAMES & SPORTS

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 from page 3)

SHINE

(Serving Health Information Needs of Elders)

Tuesday June 4 9:00-11:00am

Lori Howell, SHINE representative, is Available, BY APPOINTMENT, on the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance.

Waxing **Appointments required**
 Friday June 7 8:30-10:30am

Licensed Aesthetician Lisa will offer waxing usually 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 your appointment.

Manicures **\$10.00**
 Wednesday June 19 9:00 AM

Lauren, the manicurist is back! APPOINTMENTS are required. Call for an appointment.

Bingo **Free**
 Thursdays June 6,13,20,27 1:15pm

Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

Bowling League
 Mondays September 9:30am

Bridge **Free**
 Fridays June 7,14,21,28 11:15am

Join us for Rubber Bridge. Bring your partner, or come alone.

Duplicate Bridge **Free**
 Wednesdays June 5,12,19,26 11:30am

We play in Foxboro on Wednesdays, and all duplicate bridge players are welcome!

Mah Jongg **Free**
 Thursdays June 7,14,21,28 12:30pm

Mah Jongg is a game that originated in China, commonly played by four players. Similar to the card game rummy, Mah Jongg is game of skill, strategy and calculation and involves a certain degree of chance.

Whist **Free**
 Tuesdays June 4,11,18, 1:00PM

Wii Games **Free**
 Thursdays June 6,13,20,27 9:30am

You'll have so much fun playing Wii Games, you won't even know you're exercising!

FACTS THAT MAKE YOU GO **HMMMM!**

- It takes the food seven seconds to get from your mouth to your stomach
- Human thigh bones are stronger than concrete
- One human hair can support 3 kg.
- Your thumb is the same length as your nose
- A woman's heart beats faster than a man's
- If the average male never shaved, his beard would be 13 feet long when he died
- There are about one trillion bacteria on each of your feet
- Side by side, 2000 cells from the human body could cover about one square inch
- Women blink twice as much as a man
- The average person's skin weighs twice as much as their brain
- When you are looking at someone you love, your pupils dilate, they do the same when you are looking at someone you hate
- It takes twice as long to lose new muscle if you stop working out than it did to gain it
- Your ears secrete more earwax when you are afraid than when you aren't
- Your body uses 300 muscles to balance itself when you are standing still
- If saliva cannot dissolve something, you cannot taste it
- The average woman is 5 inches shorter than the average man
- A full bladder is roughly the size of a soft ball

Good and Bad Fats

There are four major types of fats: monounsaturated fats, polyunsaturated fats, saturated fats, and trans fats. Choosing the "good fats" can be beneficial to your heart, cholesterol, and overall health. Here are foods that contain healthy fats:

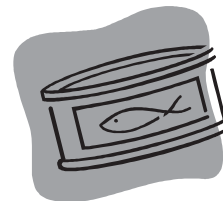
Monounsaturated Fats

- Olive Oil
- Canola Oil
- Sunflower Oil
- Peanut Oil
- Sesame Oil
- Avocados
- Olives
- Nuts
- Peanut Butter

Polyunsaturated Fats

- Soybean Oil
- Corn Oil
- Safflower Oil
- Walnuts
- Seeds: sunflower, sesame, pumpkin, flaxseed
- Fatty Fish: salmon, tuna, sardines, anchovies
- Soymilk
- Tofu

Saturated and trans fats, or the "bad fats" should be limited or avoided. These fats are commonly in ice cream, butter, high fat cuts of meat, whole fat dairy products, refrigerated baked goods and fried foods.



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. My son is planning to marry someone who I don't think is a good match. Is there any way to protect the money I plan to leave him when I die, to be sure that his wife does not benefit from it?

A. It is possible to leave your son's inheritance in trust for his benefit, and to name a third party (an individual or professional trustee) to manage those funds and oversee distributions to him and only for his benefit, based on the instructions you provide in the trust document. This assumes that you are comfortable with your son not having control over the funds he inherits from you.

If you would prefer to give your son control and full enjoyment of the inherited assets, but want to safeguard them in the event he divorces or predeceases his wife, a better solution would be to suggest that he and his fiancée enter into a prenuptial agreement. The agreement could provide that inherited assets would not be subject to division between them upon divorce. They could also agree to waive their right to claim any portion of the deceased spouse's estate at death other than those assets one spouse chooses to leave to the other. In order to be enforceable, both parties must disclose their assets to the other, each must be represented by an attorney, and the agreement must be signed well in advance of the wedding.

Prenuptial agreements are also a good tool for those entering into second or later marriages to protect the assets they bring into the marriage for the benefit of their children from a prior

marriage. Keep in mind that prenuptial agreements cannot prevent a spouse's assets from being considered available to pay for an ill spouse's long-term care costs if the ill spouse is seeking Medicaid benefits to pay for that care.

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

TRIPS

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

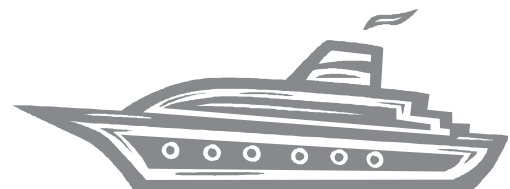
***Tom Jones Tribute
Twin River Casino, Lincoln, RI***

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

***Ten people needed to provide bus 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.



MOVIES FREE

Tuesdays 2:00pm

June 4 **Lincoln**

2012 PG-13 150 minutes

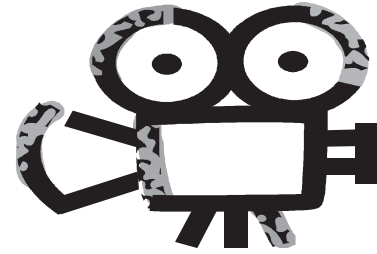
Director Steven Spielberg takes on the towering legacy of Abraham Lincoln, focusing on his stewardship of the Union during the Civil War years. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition. Cast: Daniel Day-Lewis, Sally Field, David Strathairn, James Spader, Hal Holbrook, Tommy Lee Jones, and Jackie Earle Haley.

****This movie is 150 minutes long****

June 11 **Harold and Maude**

1971 PG 91 minutes

Hounded by his mother to get out and date, death-obsessed teen Harold would rather attend funerals. But when he meets the feisty Maude, a geriatric widow who's high on life, they form a bond that turns into an unconventional romance. Cast: Ruth Gordon, Bud Cort, Vivian Pickles, Cyril Cusack and Tom Skerritt.



June 18 **Trouble with the Curve**

2012 PG-13 111 minutes

Slowed by age and failing eyesight, crack baseball scout Gus Lobel takes his grown daughter along as he checks out the final prospect of his career. Along the way, the two renew their bond, and she catches the eye of a young player-turned-scout. Cast: Clint Eastwood, Amy Adams, Justin Timberlake, John Goodman, Scott Eastwood.

June 25 **Buddy Holly Story**

1978 PG 113 minutes

Oscar nominee Gary Busey does his own singing in this chronicle of the rise and untimely death of rock 'n' roll pioneer Buddy Holly. The biopic covers Holly's beginnings, his first hit singles, his marriage and his rocky relationship with his band. Cast: Don Stroud, Charles Martin Smith, and Conrad Janis.

ACROSS

- 1 Eva's sister
- 7 Raised road
- 15 Involve
- 16 Gangster known as "Scarface"
- 17 Happen to, old-style
- 18 Sofia's nation
- 19 Parents, c.g.
- 21 West of "Sextette"
- 22 Metric distance measures: Abbr.
- 23 Handcuffed one
- 25 Help with a heist
- 26 Test
- 30 TV's "Remington ___"
- 36 Forestalls
- 39 Schwarzenegger comedy of 1990
- 41 Muncie native

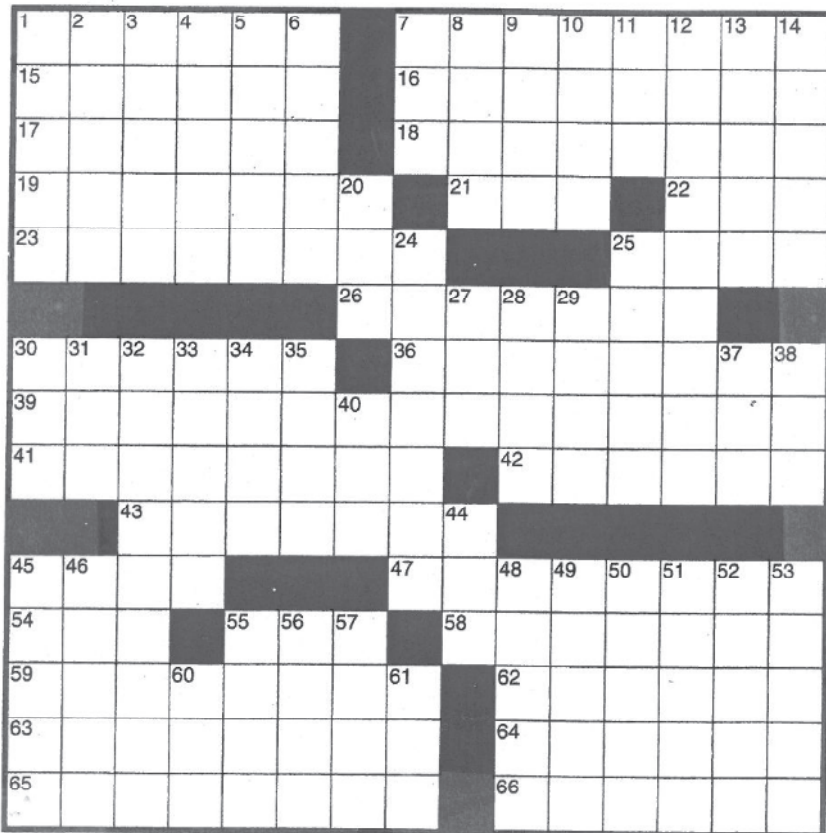
- 42 Wheezing disorder
- 43 Gives
- 45 Madcap
- 47 Gun attachment
- 54 U.K. language
- 55 Suntan spoiler
- 58 Pasta choice
- 59 Most mistrustful
- 62 Abounded
- 63 Vex
- 64 Queued up
- 65 Accelerator, familiarly
- 66 Earnhardt's milieu


DOWN

- 1 Black-and-white beast
- 2 Express contempt
- 3 Rose oil
- 4 The Democratic Republic of the Congo, formerly
- 5 Facets
- 6 Red state?

- 7 Bus alternative
- 8 Grad
- 9 Bruins' letters
- 10 Guru
- 11 Smog watchdogs: Abbr.
- 12 Carpenter's table
- 13 Japanese cartoon genre
- 14 Brewer's need
- 20 "What did I tell you?"
- 24 Enlarges
- 25 Regarding
- 27 Part of ETA
- 28 Introduction to physics?
- 29 Actor/singer Burl
- 30 Tackle moguls
- 31 Stannary metal
- 32 Jeopardizes
- 33 Enlighten
- 34 Turn over a new ___ (reform)

- 35 Puzzle cube inventor Rubik
- 37 Mr. Brokaw
- 38 Springs for a holiday?
- 40 Needlefish
- 44 Lancelot's title
- 45 Woody Allen pseudo-documentary of 1983
- 46 The end of ___
- 48 Cacsar's tongue
- 49 "... not ___ mouse"
- 50 Physicist Bohr
- 51 Funny fellow
- 52 Actress Verdugo
- 53 Equestrian
- 55 Take the bait
- 56 Interpret
- 57 Nick and Nora's dog
- 60 Lacerate
- 61 Bell's invention: Abbr.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
VEGETARIAN CHILI		MEATLOAF	ROAST TURKEY & GRAVY	MEATBALL SUB
BROWN RICE	No Lunch Served	W/MUSHROOM GRAVY	#CRANBERRY SAUCE	W/TOMATO SAUCE
>MULTIGRAIN ROLL		WHIPPED POTATO	MASHED POTATO	ITALIAN STYLE VEG.
MIXED FRUIT		GREEN BEANS	WINTER SQUASH	HASH BROWNS
		>WHOLE WHEAT BREAD	WHEAT BREAD	SUB ROLL
		PEARS	#BROWNIE	PEACHES
CALORIES 353	CALORIES 405	CALORIES 476	CALORIES 397	CALORIES 378
SODIUM 235	SODIUM 826	SODIUM 418	SODIUM 606	SODIUM 506
10	11	12	13	14
SHEPPARD'S PIE	STUFFED SHELLS	CHICKEN STIR FRY	<u>HAPPY FATHER'S DAY</u>	POTATO CRUNCH FISH
MIXED VEGETABLES	W/TOMATO SAUCE	ORIENTAL VEGETABLES	ROAST PORK & GRAVY	*TARTAR SAUCE
>WHOLE WHEAT ROLL	GREEN BEANS	ASIAN RICE	RED BLISS POTATO	SCALLOPED POTATO
#CHOCOLATE PUDDING	FRUIT MUFFIN	>MULTIGRAIN ROLL	GLAZED CARROTS	ZUCCHINI & TOMATO
	MIXED FRUIT	PINEAPPLE	>WHOLE WHEAT BREAD	WHEAT BREAD
			#APPLE CRISP	BANANA
CALORIES 494	CALORIES 501	CALORIES 322	CALORIES 412	CALORIES 414
SODIUM 300	SODIUM 300	SODIUM 436	SODIUM 268	SODIUM 441
17	18	19	20	21
CORN CHOWDER	AMERICAN CHOP SUEY	SAUSAGE W/PEPPERS	SWEDISH MEATBALLS	TURKEY DIVAN
*HERB BAKED CHICKEN	GREEN & WAX BEANS	& ONION ON SUB ROLL	BUTTERED NOODLES	W/BROCCOLI
CALIFORNIA BLEND	>WHOLE WHEAT ROLL	HAASH BROWN POT	PEAS & CARROTS	WHIPPED POTATO
VEGETABLES	MIXED FRUIT	MIXED VEG	>MULTIGRAIN ROLL	WHEAT BREAD
DINNER ROLL		#CHOCOLATE	#VANILLA PUDDING	PEARS
FRESH APPLE		CHIP COOKIE		
CALORIES 360	CALORIES 293	CALORIES 343	CALORIES 291	CALORIES 417
SODIUM 747	SODIUM 280	SODIUM 692	SODIUM 309	SODIUM 346
24	25	26	27	28
CHICKEN A LA KING		<u>HAPPY BIRTHDAY</u>	ITALIAN PASTA	FISH STICKS
WHITE RICE	Senior Center	HONEY LIME CHICKEN	W/MEAT SAUCE	*TARTAR SAUCE
PEAS	Closed for	O'BRIEN POTATOES	TUSCANY BLEND VEG	HOT GERMAN SLAW
>WHOLE WHEAT BREAD	Voting	BEETS	>WHOLE WHEAT ROLL	VEG. BAKED BEANS
MANDARIN ORANGES		>WHOLE WHEAT BREAD	MIXED FRUIT	>FRUIT MUFFIN
		#BIRTHDAY CAKE		ORANGE
CALORIES 419	CALORIES 450	CALORIES 257	CALORIES 397	CALORIES 468
SODIUM 274	SODIUM 384	SODIUM 701	SODIUM 249	SODIUM 565
				<p>VOLUNTARY DONATION IS \$2.50 PER MEAL MEAL TO CANCEL MEALS CALL 781-329-6514</p>

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.

SODIUM & CALORIES ARE FOR ENTRÉE AND DESSERT ONLY. MILK, BREAD & MARG ARE ADDITIONAL 300 MG SODIUM
 SYMBOLS: > HIGH FIBER, * ADDED SALT, # ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE

ACTIVITIES JUNE 2013


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Fun Fit 9:00 Ladies Craft Grp. 10:00 Exercise Class 1:00 Painting 1:00	Free Legal Help 8:30 SHINE 9:00 YOGA 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Fun Fit 9:00 Bereavement 10:00 Dup. Bridge Grp. at Foxboro 11:30 Intergenerational Pizza Party 11:30 Gr./Foxboro 11:30 Exercise Class 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
10	11	12	13	14
Fun Fit 9:00 Ladies Craft Grp. 10:00 Exercise Class 1:00 Painting 1:00	YOGA 9:30 Braintree Mall 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Fun Fit 9:00 Dup. Bridge Gr. at Foxboro 11:30 Exercise Class 1:00	Wii Games 9:30 Sr. Men's Club Board Mtg. 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
17	18	19	20	21
Fun Fit 9:00 Exercise Class 1:00 Painting 1:00	YOGA 9:30 Target/Plainville 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Blood Pressure 9:00 Fun Fit 9:00 Manicures 9:00 Bereavement 10:00 Dup. Bridge Gr. at Foxboro 11:30 Exercise Class 1:00 Book Club 1:00	Wii Games 9:30 Mah Jongg 12:30 Woman's Club Mtg. 1:00 BINGO 1:15	Fun Fit 9:00 Hannaford's Mkt. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15
24	25	26	27	28
Fun Fit 9:00 Exercise Class 1:00	Closed for Voting	Fun Fit 9:00 Dup. Bridge Gr. at Foxboro 11:30 Exercise Class 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Stop & Shop 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:15

BLOOD PRESSURE CLINIC

Senior Center

JUNE 19

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.

June	DATE	DESTINATION	PICK-UP	FEE
	7	Roche Bros.	9:30am	\$2.00
	11	Braintree Mall	9:30am	\$2.00
	14	Shaw's Mkt.	9:30am	\$2.00
	18	Target/Plainville	9:30am	\$2.00
	21	Hannaford's Mkt.	9:30am	\$2.00
	25	Voting	9:30am	\$2.00
	28	Stop & Shop	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.

Council on Aging Board Members

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Edie McCracken

Vice-Chairperson

Robert Folsom

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Betty Connors

Margaret Dullea

William Galvin

Mary Gens

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