

WESTWOOD COUNCIL ON AGING NEWSLETTER
Co-Sponsored by the Friends of Westwood COA
JUNE 2010

FROM THE DIRECTOR'S DESK:

June is such a beautiful month. The sun shines brightly and makes everything look so green. Gardens are popping up everywhere and the feeling of summer is just around the corner. We have a few special events to offer this month. June 7th Sue Flanagan will offer information on Medicare and Blue Cross/Blue Shield. The 10th will bring a talk on Diabetes and our first evening dinner will be on the 23rd. The evening dinners are being funded through a grant from the Westwood Young Women's Club. We also have our regular monthly scheduled events and daily lunch from HESSCO. Please feel free to read through this newsletter and call to register for some programs that are of interest to you. Have a beautiful month.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

**HESSCO HOT LUNCH
SERVED MONDAY TO FRIDAY**

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. A donation of \$2.50 per person is suggested. 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.

LET YOUR MONEY WORK FOR YOU

Sunrise of Norwood is hosting a complimentary dinner and lecture entitled, *Let Your Money Work for You!!* This event will take place Wednesday, June 9th at 5:30 pm at Sunrise of Norwood, 86 Saunders Road (off of Rte. 1A) in Norwood. Please call Sunrise at: 781-762-1333 for further details.

SHINE REPRESENTATIVE

Tuesday, June 1st, SHINE representative Lorie Howell will be available to help you sort through the complexities of Health Insurance issues. This **free** service will be available the first Tuesday of every month. Please be sure to call to schedule your meeting between 10:00 am – 2:00 pm.

CRIBBAGE PLAYERS WANTED

Our Cribbage group meets Thursdays at 1:00 pm and is seeking new members. Join our group, meet people, have fun, and, of course, enjoy challenging Cribbage games. As with all our activities, please call the Senior Center to register. ENJOY!!!

**CHECK THE EXPIRATION DATE ON YOUR
DRIVER'S LICENSE**

Reminders to renew your license are no longer being mailed. Be sure and check the expiration date on your license to be sure to renew it before it expires.

CLEANING FOR A GOOD REASON.....

There are cleaning services that provide FREE housecleaning for any woman currently undergoing chemotherapy. They will come 1 time per month for 4 months while she is in treatment. Just sign up and have the doctor fax a note confirming the treatment. Cleaning for a Reason will have participating maid services in her zip code area arrange for the service. The web address is:

<http://www.cleaningforareason.org>

This organization is nationwide and currently has more than 500 partners to help these women. It's a newly formed non-profit, providing cleaning services to women with any type of cancer.

**REGISTRATION REQUIRED FOR ALL EVENTS.
TO REGISTER, OR FOR MORE INFORMATION
ON ANY OF OUR ACTIVITIES, PLEASE CALL
781-329-8799**

Computer for Beginners Westwood residents
\$10.00
non-residents \$15.00
Tuesdays June 8, 15, 22, 29 10:00am-11:45am

Learn formatting, editing, create a simple table and a card using *Microsoft Word*; sample the Internet.

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.

Book Club **FREE**
Wednesday June 30 2:00pm
Book discussion is listed below
A Year on Ladybug Farm Donna Ball

Please come by to share your thoughts and meet some friends. We are always looking for people to join our group.

Writing Group **FREE**
Wednesday June 9, 23 2:00pm
Share your thoughts and meet new friends.

EXERCISE, ETC.

Bowling League
Mondays June 7, 14, 21, 28 9:30am
Join the Senior Bowling League, meet new friends, and have fun while exercising for your health! We meet at the Norwood Bowling Alley.

Chair Yoga
\$2.00/session
Tuesdays June 1, 8, 15, 22, 29 10:00am
Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited.

EXERCISE, ETC. (continued)

Low Impact Exercise
\$2.00/session
Mondays June 7, 14, 21, 28
Wednesdays June 2, 9, 16, 23, 30 1:00pm
Low impact exercise class.

REIKI and FULL SPECTRUM HEALING
Thursday June 3 1st session Free then \$25.00/session

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of forty-five minutes on *the first Thursday of each month*. Clients are fully clothed and may either sit or lie down.

TAI CHI
Tuesdays June 1, 8, 15, 22, 29 1:00pm \$3.00/class
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 June 8, 15, 22, 29 1:30pm -
Fridays June 4, 11, 18, 25 1:30pm
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.

REGULAR PROGRAMS

SHINE...Health Insurance Information
FREE
Tuesday June 1 10:00 am - 2:00pm
By appointment only--Lorie Howell, our SHINE representative, will be available to help you sort through the complexities of Health Insurance issues.
Please call to make your appointment.

SPECIAL PROGRAMS

PIZZA PARTY.. for Intergenerational Participants
Wednesday June 2 12:00 noon
Intergenerational Pizza Party followed by spring plantings.

Outdoor Walking

Tuesdays June 1, 8, 15, 22, 29 9:00am
Thursdays June 3, 10, 17, 24

Walk with friends at the Westwood High School track. Good for your health and happiness!

BLUE CROSS TALK

FREE

Monday June 7 10:00am

Sue Flanagan, from Blue Cross/ Blue Shield will offer information on Medicare as well as Blue Cross/Blue Shield.

SENIOR HEALTH PARTNERSHIP

FREE

Thursday June 10 10:00am

Matthew C. Peck, of Senior Health Partnership, will present an informational workshop about all things retirement. His workshop will focus on: Important 2010 Medicare Changes; Protecting your assets from nursing homes; Conservative Financial planning; 2010 Roth IRA conversions. Come and learn more to help protect your financial security.

ASSERTIVENESS FOR INDEPENDENT SENIORS

Wednesday June 16 10:30-12:00

Learn why assertiveness is a positive way to communicate with friends and relatives, in stores and restaurants, as a consumer, and most important with your physicians and health care professionals. Beth Gandelman, Client Relations Manager for Comfort Keepers, will make this **FREE** presentation.

COMPUTER EXPO !!!

FREE

Thursday June 17 10:00am

Free introduction to the **MANY** wonderful aspects of computer technology!!! Come learn about email, eBay, Skype, Facebook....

VNA CARE NETWORK

FREE

Thursday June 17 11:00am

VNA Care Network will offer a medication safety program. Program topics include: Tips for safely managing your medications; preventing drug interactions; herbal remedies; green tea—is it good for me?; grapefruit juice: is it safe with your drugs? Funding for this program is provided by a grant from HESSCO Elder Services and the Massachusetts Executive Office of Elder Affairs.

DIABETES TALK

FREE

Thursday June 10 11:00am
Kathy Shaughnessey will discuss diabetes.

FRIENDS of the WESTWOOD COUNCIL on AGING

Thursday June 24 1:00pm

Please join the Friends of the Westwood Council on Aging for a brief meeting followed by an entertaining discussion given by Edwin A. Page, who will discuss John Adams, our 2nd President, 1st Vice President, Lawyer, Diplomat and Farmer. Refreshments will be served.

SCRAPBOOKING

FREE

Wednesday June 30 10:30am-1:00

A.C. Moore Arts & Crafts store at the Dedham Mall is hosting a **FREE** fun and interactive crafting event on June 30. Participants will receive instruction on scrapbooking and create your own scrapbook page for your photos. Seats are limited, so please call the COA and register early.

DON'T FORGET TO REGISTER FOR ALL OUR EVENTS

COMING IN JULY

Gary Highlander will return for two programs in July, both at 10:00am. **July 8th, Pearl Harbor...** and **July 22nd, D. Day.** Please mark these dates on your calendar for Gary's wonderfully entertaining and informative presentations.

JUNE TRIPS and EVENTS

FORBES HOUSE MUSEUM

\$10.00

POSTPONED UNTIL FALL.....

The COA will sponsor a house tour of the Forbes House Museum. Space on our van is very limited so please call and reserve your spot early. The Forbes House is located in Milton and reflects the Golden Era of sailing ships and the U.S. trade with China in the early 19th century.

SENIOR SUPPER \$4.00

Wednesday June 23 5:00pm
Reservations and the \$4.00 payment will be taken on June 1st. Seats are limited and reservations will be taken on a first come first serve basis. The dinner is Funded by the Westwood Young Women’s Club. Meal includes: Rolls, Salad, Mini Stuffed Chicken, Potatoes, Carrots, and dessert. Entertainment will follow.

JULY TRIPS and EVENTS

LAKE WINNIPESAUKEE & LAKES REGION ONE HOUR SCENIC CRUISE

Tuesday July 13 \$85.00 all inclusive
Enjoy a 1-hour scenic cruise out of Weirs Beach; luncheon meal at The Lakehouse, Meredith, NH; and visit Castle in the Clouds. \$85.00 pp includes transportation, cruise, lunch & Castle in the Clouds visit. Meal choice: Baked Scrod, Chicken Breast or Pork Loin, salad, potato, vegetable dessert, coffee/tea. What a way to spend a wonderful summer day!

AUGUST TRIPS and EVENTS

SPIRIT OF BOSTON CRUISE \$75.00

Tuesday August 10 \$75.00 all inclusive
Come aboard and enjoy a 3-hour cruise of Boston’s historic harbor. \$75.00 includes transportation, cruise, Grande Buffet luncheon, Broadway-quality show & dancing. Set sail for a wonderful day on the water.

OCTOBER TRIPS and EVENTS

FALL FOLIAGE TRAIN RIDE through NEW HAMPSHIRE’S MOUNTAINS and LAKE REGIONS

Friday October 1 \$95.00 all inclusive
Join us for a beautiful four hour foliage train ride and.....(see next column)...

FALL FOLIAGE TRAIN RIDE through NEW HAMPSHIRE’S MOUNTAINS and LAKE REGIONS (cont.)

luncheon at the Common Man Inn. Your \$95.00 includes buffet luncheon featuring roast beef & turkey; homemade breads, salads, cheese cake, coffee/tea. All aboard for a memorable trip through New Hampshire’s mountains and lakes region.

ENTERTAINMENT

BINGO FREE

Thursdays June 3, 10, 17, 24 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

June 1	His Girl Friday	Cary Grant Rosalind Russell	1940
June 8	Cold Comfort Farm	Kate Beckinsale	1995
June 15	The Blind Side	Julia Roberts	2009
June 22	Bright Star	Ben Shishaw	2009
June 29	The Jane Austen Book Club	Amy Brenneman	2007

Please let us know of any movies you would like to see.

ACTIVITIES - JUNE 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:00 Outdoor Walking 10:00 Shine-Free Health Insurance Help 10:00 Chair Yoga 10:00 Computers for Beginners 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	9:00 Free Legal Advice 11:30 Dup.Bridge/Fox 12:00 NO HESSCO LUNCH TODAY	9:00 Outdoor Walking 9:00 Reiki Healing 9:30 Wii Games 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Shaw's Market 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk Fit
7	8	9	10	11
9:30 Bowling League 10:00 Ladies Craft Grp 10:00 MEDICARE TALK 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:00 Chair Yoga 9:00 Outdoor Walking 9:30 Legacy Place 10:00 Computers for Beginners 10:00 Quilting 1:00 Tai Chi 1:00 Walk Fit 1:30 Movie 2:00	10:00 Legal Talk 11:30 Dup.Bridge/Fox 1:00 Exercise Class 2:00 Writing Group	9:00 Outdoor Walking 9:30 Wii Games 10:00 MATTHEW C. PECK-FINANCIAL DIABETES TALK 1:00 Cribbage 1:00 Story Hour 1:15 Bingo 1:30 Knit & Crochet	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk Fit
14	15	16	17	18
9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:00 Outdoor Walking 9:30 Braintree Mall 10:00 Chair Yoga 10:00 Computers for Beginners 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	9:00 Blood Pressure Clinic 10:30 ASSERTIVENESS FOR SENIORS Duplicate Bridge at Foxboro 1:00 Exercise Class	9:00 Outdoor Walking 9:30 Wii Games 10:00 COMPUTER EXPO 11:00 VNA TALK 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Walk Fit
21	22	23	24	25
9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:00 Outdoor Walking 9:30 Xmas Tree-Fox. 10:00 Chair Yoga 10:00 Quilting 10:00 Computer for Beginners 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	11:30 Duplicate Bridge at Foxboro 1:00 Exercise Class 2:00 Writing Group 5:00 SENIOR SUPPER	9:00 Outdoor Walking 9:30 Wii Games 10:00 Cribbage 1:00 FRIENDS OF WESTWOOD COA 1:15 BINGO 1:30 Knit & Crochet	9:30 Stop & Shop, Walpole 10:00 Coffee Hour 11:30 Rubber Bridge Walk Fit 1:30
28	29	30		
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:00 Outdoor Walking 9:30 Braintree Mall 10:00 Chair Yoga 10:00 Computer for Beginners 10:00 Quilting 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	10:30 SCRAPBOOKING 11:30 Dup.Bridge/Fox. Exercise Class 1:00 2:00 Book Group		

BLOOD PRESSURE CLINIC, SENIOR CENTER

Town Public Health Nurse –
(781) 251-2576

**June 16 –
9:00-11:30**

HESSCO ELDER SERVICE - JUNE 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 will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9	10	11
	1	2	3	4
	SWEDISH MEATBALLS WHIPPED POTATO GREEN BEANS DINNER ROLL PEACHES	<u>NO HESSCO LUNCH SERVED TODAY</u>	BBO BEEF RIB O'BRIEN POTATO MIXED VEG >FRUIT MUFFIN FRESH FRUIT	TUNA NOODLE CASSEROLE PEAS >WW ROLL MANDARIN ORANGES
	<i>CALORIES:388 SODIUM:620</i>		<i>CALORIES:384 SODIUM:270</i>	<i>CALORIES: 346 SODIUM:301</i>
7	8	9	10	11
VEAL PARMESAN RIGATONI & TOMATO SAUCE ITALIAN BLEND SCALI BLEND PEARS	CHICKEN SALAD SANDWICH	STUFFED SHELLS W/TOMATO SAUCE TUSCANY BLEND HONEY WHEAT ROLL #PUDDING	ROAST TURKEY W/GRAVY CRANBERRY SAUCE MASHED POTATO WINTER SQUASH >WHOLE WHEAT BREAD #CUPCAKE	BEEF & CABBAGE CASSEROLE FLUFFY RICE >FRUIT MUFFIN APPLESAUCE
<i>CALORIES 383 SODIUM: 512</i>	<i>CALORIES: SODIUM:</i>	<i>CALORIES:256 SODIUM:474</i>	<i>CALORIES:361 SODIUM:526</i>	<i>CALORIES: 377 SODIUM:110</i>
14	15	16	17	18
CHICKEN TETRAZZINI COUNTRY STYLE BLEND DINNER ROLL PINEAPPLE	MEATLOAF W/ MUSHROOM GRAVY GARLIC MASHED GREEN/WAX BEANS >WW BREAD MIXED FRUIT	PINEAPPLE GINGER CHICKEN SMASHED POTATO CHUCK WAGON CORN WHITE BREAD FRESH FRUIT	FATHER'S DAY BEEF STEW & VEG OVEN ROAST POTATO >MULTIGRAIN ROLL #BREAD PUDDING	CRUNCHY FISH W/TARTAR SAUCE RED BEANS & RICE SCALLOPED TOMATO >WW BREAD FRESH APPLE
<i>CALORIES: 308 SODIUM:200</i>	<i>CALORIES:464 SODIUM:308</i>	<i>CALORIES:344 SODIUM:147</i>	<i>CALORIES: 494 SODIUM: 262</i>	<i>CALORIES: 427 SODIUM:641</i>
21	22	23	24	25
SPANISH OMELET HASH BROWN POTATO ROMAN BLEND >FRUIT MUFFIN PEACHES	CHICKEN RICE SOUP HONEY GLAZED CHIX MIXED VEGETABLE >DINNER ROLL #CUTIE PIE	SLOPPY JOE DELMONICO POTATO CHOPPED BROCCOLI HAMBURG BUN FRUIT CUP SENIOR SUPPER-5:00pm	TURKEY DIVAN MASHED POTATO HONEY WHEAT ROLL #PUDDING	SAUSAGE, PEPPERS & ONIONS LYONNAISE POTATO SUMMER BLEND >WHOLE WHEAT BREAD FRESH ORANGE
<i>CALORIES: 322 SODIUM: 405</i>	<i>CALORIES: 350 SODIUM:337</i>	<i>CALORIES:399 SODIUM: 502</i>	<i>CALORIES:313 SODIUM:270</i>	<i>CALORIES: 301 SODIUM: 706</i>
28	29	30		
PASTA & MEAT SAUCE GREEN BEANS SNOWFLAKE ROLL PEARS	PIZZA 3 BEAN SALAD	HAPPY BIRTHDAY BREADED CHIX PATTY HOT GERMAN POTATO SALAD GENOA BLEND HAMBURG BUN #BIRTHDAY CAKE		CONFIDENTIAL DONATION IS \$2.50 PER MEAL.
<i>CALORIES: 369 SODIUM: 448</i>	<i>CALORIES:199 SODIUM: 353</i>	<i>CALORIES:385 SODIUM: 621</i>		

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.
Sodium and calories listed above are for entrees only. A donation of \$2.50 is greatly appreciated.
SYMBOLS: >High Fiber, *Added Salt, #Added Sugar, Modified Desserts are available.

SENIOR CITIZEN ALERTS

ONE in FIVE SENIORS POOR

***Under New Math, 1 in 5 Seniors Is Poor
Outmoded federal statistics don't reflect
reality, group says**

By Kevin Spak | Posted Sep 4, 09 9:57 AM CDT

(Newser) – Based on official statistics, only 10% of Americans aged 65 and older are poor, the lowest rate of any age group. But the actual number should be nearly twice that, finds the National Academy of Sciences, which has developed a new, modern way of calculating poverty that is quickly gaining favor in Washington. It accounts for things like medical expenses and local cost of living.

The current federal poverty level calculation, devised in 1955, is set at three times the presumed cost of groceries nationwide—for a family of four, that's \$21,203—ignoring all other factors. "It's a hidden problem," says the president of the AARP foundation. The new system would include a host of other factors, including non-cash government aid, transportation costs and more. The overall poverty rate would jump from 12.5% to 15.3%; among the elderly, it would be 18.7%.

*from www.newser.com

I always wanted to be a procrastinator, but I never QUITE got around to it.

***IF DOCTOR RECOMMENDS SURGERY, HAS INTEREST IN SURGERY CENTER, YOU MAY WANT SECOND OPINION**

Study finds physicians with ownership in surgery center do twice as many operations

April 7, 2010 – If your doctor is recommending surgery, you may want to see if he or she owns an interest in the surgery center where the operation is to be performed. When doctors become invested in an outpatient surgery center, they perform on average twice as many surgeries as doctors with no such financial stake, according to a new study from the University of Michigan Health System.

"Our data suggest that physician behavior changes after investment in an outpatient facility. Through what some have labeled the 'triple dip,' physician owners of surgery centers not only collect a professional fee for the services provided, but also share in their facility's profits and the increased value of their investment. This creates a potential conflict of interest," says study author John Hollingsworth, M.D., M.S., a Robert Wood Johnson Clinical Scholar at the U-M Medical School.

* from www.seniorjournal.com

SENIOR CENTER ACTIVITIES

Alzheimer's Partnership	Computer Classes	Information/Referrals	Quilting Class
Artist's Group	Craft Classes	Internet	SHINE Counseling
Bereavement Group	Craft Fair Group	Knitting and Crocheting	Tai Chi
Bingo	Cribbage	Legal Referrals	Television
Blood Pressure Clinic	Day & Overnight Trips	Library: Books and Video	Transportation
Book Group	Exercise Classes	Lunch Served Daily	TRIAD
Bowling	Financial Planning	Manicures	Volunteer Opportunities
Bridge	Fuel Assistance	Meals on Wheels	Walkers' Group
Caregiver's Group	Hearing Screening	Medical Presentations	Whist
Chair Yoga	Income Tax Preparation	Movies	Writing Group
Coffee Hour			
Community Outreach			

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
	4	Shaw's Market	9:30am	\$2.00
	8	Legacy Place	9:30am	\$2.00
	11	Hannaford's Market	9:30am	\$2.00
	15	Braintree Mall	9:30am	\$2.00
	18	Roche Bros	9:30am	\$2.00
	22	Xmas Tree, Foxboro	8:30am	\$2.00
	25	Stop & Shop, Walpole	9:30am	\$2.00
	29	Braintree Mall	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 3rd Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

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

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

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

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