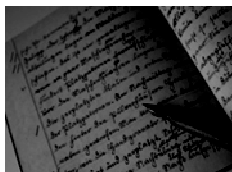


# Westwood Senior News

Co-sponsored by the Friends of Westwood Council on Aging

NOVEMBER 2009

## FROM THE DIRECTOR'S DESK



November is a wonderful month. We can look forward to honoring our Veterans and spending time with our friends and families on Thanksgiving Day. If, by chance, you do not have family members near you, the Lions Club is offering a Thanksgiving dinner. They are most willing to deliver the meal to your home. For many years, the Lions Club has been donating its time and energy to assist the elder community by preparing an entire Thanksgiving dinner. Without their wonderful assistance many seniors would not have the opportunity to enjoy a great Thanksgiving meal. The COA would like to sincerely "Thank" the members of the Lions Club for their continued support of our elders and wish each member a very special Thanksgiving day with their friends and families. If are interested in receiving a meal, please call Jean Stahl, Outreach Worker, at: 781-329-8799.

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



## TELEPHONE REASSURANCE LINE

Would you like to receive a friendly telephone call every morning, Monday – Sunday, around 9 AM? Please call the Senior Center and leave your name and telephone number; someone will call you every morning for a brief chat.

## WINTER WEATHER REMINDERS

If the Westwood Public Schools are closed, there will be no programs or transportation through the Westwood Senior Center. "No School" announcements are on TV channels 4, 5 and 7. Even if schools are open, if the COA determines that the weather is hazardous for you and our drivers, we may cancel programs and transportation. If your pathway is unsafe for you or our drivers, we may not be able to pick you up for an activity or medical appointment. HESSCO makes its own decisions regarding the home-delivered meals. The meal site is closed if the Senior Center is closed. Their cancellation notices are on TV channels 5 & 7. If you have any questions call HESSCO directly at:

781-784-4944.

Be prepared for winter: We recommend that you stock up on essentials – extra food (especially ready-to-eat foods) and water, special diet foods, medications, flashlights, portable radios, batteries, etc. Try to arrange to have a friend or neighbor check up on you and vice versa.

## DATES FOR ELECTION S and TOWN MEETINGS

Tuesday, December 8	State Primary
Tuesday, January 19, 2010	State Election
Monday, March 8, 2010	Special Town Meeting
Tuesday, April 27, 2010	Annual Town Election
Monday, May 3, 2010	Annual Town Meeting



## BRAIN FOOD

**Registration required for all events. To register, or for more information on any of these activities, please call (781) 329-8799**

**NO BOOK CLUB OR COMPUTER CLASS IN NOVEMBER. BOTH WILL RESUME IN DECEMBER.**

### Writing Class                      \$5.00 per class

Tuesdays, November 3,10,17,24    1:45-1:00pm  
Speaking of imagination, come try out the COA Writing Class.

*The Writer's Pen*



### THANK-YOU

*An anecdote told to Mary Hunt, who transcribed it as part of an assignment for the Writing Class at COA*

For years I have sent my wonderful grandson a check for his birthday. Up until he was 18, I always got a thank you note, but then he was off to college, and things changed. Although birthday checks and money for little extras here and there were cashed, there never was a note of thanks. The money I really didn't care about. I wanted to hear from my grandson. I wrote a cheery letter saying I hoped he would use the enclosed check to get himself a good dinner.

Well, believe it or not, in less than a week of sending the letter, Johnny called. "Hi, Gram, how are you doing? Just thought I'd call and thank-you for your letter. Only trouble is the check you mentioned wasn't in it."

"Johnny dear," I innocently said. "It may have gotten lost in the mail. Maybe it's in the dead letter office with all those thank-you notes you've written since you've gone to college."

## BRAIN FOOD



### A WORD ON VITAMIN D

Day's Supply in:    2 cups milk (200 IU), OR 1 cup milk (100 IU) PLUS cornflakes (40 IU) PLUS 1 egg (25 IU) PLUS 1 tsp margarine (20 IU) PLUS 3 ounces salmon with bones (10 IU)

Good to know:

The body can make vitamin D on its own, provided it gets enough sunlight. By exposing face, hands and forearms for between 5 and 30 minutes two or three times per week, most people can manufacture all the vitamin D they need. Sunscreen blocks the type of rays needed to produce vitamin D.

Recommendations:

Ages 51-70,  
10 micrograms/day (equivalent to about 400 IU)

Benefits:

Ages 71+  
15 micrograms/day (equivalent to about 600 IU)

Food Sources:

Increases absorption of calcium and phosphorous, which leads to stronger bones and teeth.

Fish liver oils, fatty fish, fortified milk, cheese, egg yolk, and fortified cereals. Sunlight helps the body create its own Vitamin D.

**(cont on page 5)**

**TO YOUR HEALTH**



**TO YOUR HEALTH  
(cont)**



Please remember to register for all events.  
To register, or for information, call  
(781)-329-8799

**BOWLING LEAGUE**

Mondays, November 2, 9, 16, 23, 30  
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.

**EXERCISE**

**\$2.00/session**  
Mondays, November 2, 9, 16, 23, 30 and  
Wednesdays November 4, 18,  
1:00pm  
Low impact exercise class.

**Tai Chi**

**\$3.00/class**  
Tuesdays, November 3, 10, 17, 24  
1:00pm  
Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.



**WALK-FIT**

**\$2.00/CLASS** **CARDIO-STRENGTH TRAINING**

Tuesdays, November 3, 10, 17, 24 and  
Fridays, November 6, 13, 20 1:30-2:30pm  
Join Eileen for this strength training class. Good for balance and posture to help increase your strength and well being. Please bring water and a smile. 1 or 2 lb weights are supplied for your use.

**“The New Day” Bereavement Group**  
**FREE**

Wednesday, November 4, 18, 25  
10:00-11:30am

All are welcome to attend a caring and open Bereavement Group led by Facilitators Dorothy Ruggiero and Mary Sethna, from St. Margaret Mary Parish.

**Blood Pressure Clinic**

**FREE**  
Wednesday, November 18 9:00 – 11:30am  
**Town Nurse’s telephone # 781-251-2576**  
.....

**REIKI HEALING**

Thursday, November 5 FIRST session is FREE  
then \$25.00/session

Melissa Hed, a student at the Rhys Thomas Institute of Energy, offers these relaxing, healing sessions, that are available only through the COA. The Usui System of Reiki Healing is a gentle, yet powerful, hands-on energy healing technique from Japan. A deep state of relaxation that eases anxieties is induced. Clients may remain fully clothed, and may sit or lie down. Each relaxing session is 45 minutes.

**CHIROPRACTIC TALK**

Thursday, November 5 10:00am

Dr Matt will discuss how Chiropractic can help alleviate conditions and syndromes such as headaches, neck pain, back pain, sciatica, asthma, allergies, MS and hypertension, to name a few.  
.....

***THIS MONTH IN HISTORY.....***

*November 12*  
1927-Leon Trotsky is expelled from the [Soviet Communist Party](#), leaving [Joseph Stalin](#) in undisputed control of the [Soviet Union](#).

*November 13*  
1956-The [Supreme Court](#) struck down laws calling for racial segregation on buses.

1851  
*November 14*-[Herman Melville](#)'s novel *Moby Dick* was published.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:30 Bowling League 10:00 Ladies Craft Grp. <b>10:00 BC/BS &amp; Medicare Talk</b> 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	10:00 Chair Yoga 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:00 Free Legal 9:00 Manicures 9:00 Reiki Healing 10:00 Bereavement 11:30 Dup.Bridge/Fox 1:00 Exercise Class	9:30 Wii Games <b>10:00 Dr. Matt</b> 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Shaw's Mkt 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 1:30 Walk-Fit 
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>9:00 AARP Driver Safety Program</b> 9:30 Bowling League 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	<b>8:30 DAY OF BEAUTY</b> 10:00 Chair Yoga 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	<b>VETERANS' DAY</b>  <b>SENIOR CENTER CLOSED</b>	9:30 Wii Games <b>1:00 Caritas Talk</b> 1:00 Cribbage 1:15 BINGO 1:30 Knitting & Crocheting	9:30 Hannaford's Mkt 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 1:30 Walk-Fit 
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9:30 CRAFT FAIR!</b> 9:30 Bowling League 10:00 Ladies Craft Grp. 1:00 Exercise Class 1:00 Whist Group 1:00 Painting	9:30 X-mas Tree Shop- Avon 10:00 Chair Yoga 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:00 Blood Pressure 9:00 Manicures <b>10:00 Estate Planning Presentation</b> 10:00 Bereavement 11:30 Dup. Bridge At Foxboro 1:00 Exercise Class	9:30 Wii Games <b>10:30 John Root</b> 1:00 Cribbage <b>1:00 Hospitalist Talk</b> 1:15 BINGO 1:30 Knit & Crochet	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rub. Bridge Group 1:30 Walk-Fit 
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 	9:30 Legacy Place 10:00 Chair Yoga 10:00 Quilting 11:45 Writing Class 1:15 Tai Chi 1:30 Walk-Fit 2:00 Movie	9:30 Shaw's Mkt 10:00 Bereavement 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	<b>THANKSGIVING DAY</b>  <b>CENTER CLOSED</b>	<b>SENIOR CENTER CLOSED</b> 
<b>30</b>				
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting				

**Daly Foot Care no longer comes to the Senior Center. Please Call 781-329-7716 for an appointment.**

**BLOOD PRESSURE CLINIC  
NOVEMBER 18**

**SENIOR CENTER**

**9:00am – 11:30am**

**Nurse's telephone #: 781-251-2576**

**\*\*\*FOR YOUR INFORMATION\*\*\***

**PLEASE REMEMBER TO REGISTER FOR ALL EVENTS.  
CALL (781) 329-8799**

**FREE ONE-ON-ONE LEGAL ADVICE  
Cancelled for November... resumes December**

Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors the first Wednesday of each month. She provides this service at no charge, and each meeting is BY APPOINTMENT ONLY.

**AARP SAFE DRIVER PROGRAM COMING SOON**

Monday, Nov. 9 9:00am-2:00pm \$14.00  
AARP members \$12.00

AARP will offer a 4-hour Safe Driver Program at the Senior Center. Lunch is included in the price quoted above. Please pay by check made out to AARP. AARP members must put their membership number on their check. Seats are limited, so please register early.



**BLUE HILLS DAY OF BEAUTY**

**\$20.00**

Tuesday, November 10 8:30am-2:00pm  
Come and be treated to a Day of Beauty at Blue Hills Regional Technical School, Department of Cosmetology. You will receive a facial, manicure, scalp treatment with massage, and a blow dry. ALSO LUNCH IS INCLUDED!!! What a great way to spruce up for the new season. We are limited to only 10 participants, so please sign up early by calling the Senior Center at: 781-329-8799.

**ESTATE PLANNING FOR THE YOUNG and  
YOUNG-AT-HEART.....FREE**

Wednesday, Nov. 18 10:00 am  
Cope Law LLC, a Westwood law firm specializing in estate planning, estate administration and tax planning, is offering its First Annual Estate Planning Review. Attorneys Ellie Cope and Arielle Cecala will discuss the four "Ps" of Estate Planning: (1) People: Providing for your Loved Ones; (2) Properties: Organizing your assets; (3) Plan: Designing the Plan that fits your needs: Wills, Health Care Proxy & Living Will, Durable Power of Attorney, and possibly Trusts; and (4) Planner: Putting your plan into proper legal form by trusted professionals. Register for this talk at the Senior Center.

**MANICURES**



Wednesdays, November 4, 18 Call the Senior Center to schedule your appointment.

**PROTECTING OUR HEALTH FROM TOXICS IN OUR  
EVERYDAY LIVES**

AT THE WESTWOOD PUBLIC LIBRARY MAIN BRANCH  
Tuesday, November 10 **FREE** 7:30pm-9:30pm  
Elizabeth Saunders, Environmental Health Legislative Director for Clean Waters Action, will discuss how exposure to toxic chemicals that enter our bodies, possibly causes or contributes to a variety of chronic conditions and diseases.

**VITAMIN D (cont from page 2)**

Watch out: Since Vitamin D is absorbed in the small intestines, people with diseases that prevent proper absorption—such as liver disease, cystic fibrosis, Whipple’s disease, and sprue- may develop vitamin deficiency.

Vitamin D production plateaus after a short amount of time in the sun. More exposure won’t produce extra vitamin D, just skin damage.

Recommended daily requirements for vitamin D are likely to increase for adults. Many experts already recommend 800 to 1000 IU per day. Vitamin D from supplements should not exceed 50 micrograms or 2000 IU per day, unless prescribed by your doctor.

**My doctor told me to avoid unnecessary stress, so I didn’t open his bill.**

# ENTERTAINMENT

Please remember to register for all events.  
To register, or for information, please call  
(781)329-8799

## BINGO



FREE

Thursdays, November 5, 12, 19 1:15 – 2:45pm  
Seniors are invited to play Bingo every Thursday

### **John Root -- Naturalist and Folk Singer.**

FREE Thursday, November 19 10:30am  
John sings, a cappella or accompanying himself on the piano, and plays the flute, clarinet, and saxophone. His repertoire features the best-loved songs of recent memory. Programs often include historical lore and reflections about the songs' lyrics. Everyone is invited to sing along and requests for favorite selections are welcome!



## MOVIES      FREE



ALL MOVIES  
AT 2:00 pm

- November 3  
**Alex and Emma**      Kate Hudson      2003
- November 10  
**50 First Dates**      Drew Barrymore      2004
- November 17  
**The Bridges of Madison County**      Clint Eastwood      1995  
Meryl Streep
- November 24  
**October Sky**      Laura Dern      1999  
Jake Gyllenhaal

**IF YOU HAVE ANY FAVORITE MOVIES,  
PLEASE LET US KNOW!**

### **FROM THE PEABODY ESSEX MUSEUM DAY TRIP**

As you can see by the smiles, we all enjoyed our day trip to the Peabody Essex Museum, where we were treated to a guided tour of the Yin Yu Tang House.

Pictured from left to right are:  
Mary Ann Soucy, Shirley Sullivan, Kay Gallagher, Lynn Ellis, Mary Hunt and Harry Dellentash

## 2009 Trips

Please remember to register for all events. Trips may be cancelled for lack of participation.  
Call (781) 329-8799 to register.

**GOLDEN OLDIES at  
LANTANA  
in  
Randolph**



**TRANSPORTATION NOT PROVIDED**

**Wednesday, November 4**

**\$40.00**

The show features the group, *The New York Vagabonds!* They will entertain with wonderful songs from the 40s, 50s, 60s and 70s.

Meal menu: Appetizer, Holiday Roast Turkey with Dressing, Vegetable, Potato, Dessert, Coffee/Tea.

**VITAMIN K**

Good to Know:	Also called menadione, menaquinone, or phyloquinone. Vitamin K
Recommendations:	Men ages 25+, 80 micrograms/day Women ages 25+, 65 micrograms/day
Benefits:	Makes proteins that allow the blood to clot.
Food Sources:	Liver, cabbage, broccoli, green leafy vegetables (such as spinach, kale, collard and turnip greens), milk, eggs, citrus fruits.
Days Supply In:	1 cup raw spinach (145 mcg), OR half cup raw broccoli (60 mcg) PLUS 1 egg (25 mcg)
Watch Out:	Too much vitamin K can interfere with anti-clotting medications such as warfarin (Coumadin).

CRYPTOQUOTE

EP MEV EP DYX JEUP NM GEDYXGEDWOP  
VXXMXV DN

VXEJWDZ, DYXZ EVX LND OXVDEWL, ELH EP MEV  
EP

DYXZ EVX OXVDEWL, DYXZ HN LND VXXMXV DN  
VXEJWDZ.

- EJCXVD XWLPDXWL

**CHES ANYONE????**  
**We're looking for chess players. Anyone**  
**interested in this brain stimulating game,**  
**please call the Center for more information.**  
**(781)329-8799**

WATER SOLUBLE VITAMIN, THIAMINE

Good to Know:	Also called vitamin B1, vitamin F, thiamine.
Recommendations:	Men ages 14-70+, 1.2 mg/day Women ages 19-70+ 1.1mg/day
Benefits:	Important for producing energy from carbohydrates, and for proper nerve function.
Food sources:	Pork, liver, legumes, nuts, whole grain or enriched breads and cereals.
Days supply in:	1 broiled pork chop (0.66 mg) PLUS 1.25 cups corn flakes (0.36 mg) OR 1 baked potato with skin (0.24 mg) PLUS ½ cup lentils (0.17 mg) PLUS 1 cup raisin bran (0.60 mg)
Watch Out:	Deficiency is more common among the homeless and mal-nourished people, and can result in edema and heart arrhythmias.

Overheard in a parking lot:  
 Two men were trying to unlock the door of their new Mercedes with a coat hanger:  
 Hank: I can't seem to get this car door unlocked!  
 Bubba: Well, you'd better hurry up and try harder, its starting to rain and the top is down!

.....  
 A linguistics professor was lecturing his class.



'In English', he said, 'A double negative forms a positive. In some languages, though, such as Russian, a double negative is still a negative. However, there is no language wherein a double positive can form a negative.'

A loud voice from the back of the room piped up,  
 Yeah right!

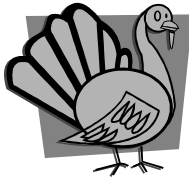

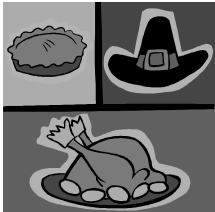
.....

## HESSCO ELDER SERVICE-NOVEMBER 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.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Veal Parmesan Rotini/sauce Tossed Salad >Whole Wheat Roll Peaches	Pot Roast/gravy Mashed Potato Peas & Carrots Dinner Roll #Cookie	Scallops with lemon Butter Fluffy Rice Mixed Vegetables >Fruit Muffin Pineapple	Broccoli Soup Orange Tarragon Chicken O'Brien Potato >Multigrain Roll Fresh Orange	Shepard's Pie Whipped Potato Green & Wax Beans White Bread Pears
<i>Calories-356</i> <i>Sodium-547</i>	<i>Calories-476</i> <i>Sodium-513</i>	<i>Calories-304</i> <i>Sodium-269.</i>	<i>Calories-495</i> <i>Sodium-389</i>	<i>Calories-475</i> <i>Sodium-328</i>
9	10	11	12	13
*Sausage Sub with Peppers&Onions Hash Brown Pot. Zucchini & Tomato # Fig Bar	Chicken Teriyaki Asian Rice Oriental Blend Veg >Whole Wheat Bread Fresh Fruit	VETERAN'S DAY  Senior Center Closed	Stuffed Shells Roman Blend Veg >Whole Wheat Roll # Smoothie	Meatloaf /mushroom Gravy Parm Mashed Pot Jardiniere Blend Veg. White Bread Peaches
<i>Calories-593</i> <i>Sodium-1508</i>	<i>Calories-185</i> <i>Sodium-150</i>		<i>Calories-255</i> <i>Sodium-470</i>	<i>Calories-363</i> <i>Sodium-290</i>
16	17	18	19	20
Hearty Veg Soup Herb Baked Chicken Buttered Noodles >Multigrain Roll Mandarin Oranges	Stuffed Peppers Whipped Potato >Fruit Muffin Pudding	Chicken Stew/Veg Oven Roast Pot. >Whole Wheat Roll Fresh Fruit	Roast Turkey/gravy & Cranberry Sauce Garlic Mashed Pot Winter Squash Snowflake Roll # Pie	*Crunchy Fish Veg Baked Beans Peas & Mushrooms Wheat Bread Pineapple
<i>Calories-460</i> <i>Sodium-565</i>	<i>Calories-345</i> <i>Sodium-294</i>	<i>Calories-414</i> <i>Sodium-221</i>	<i>Calories-337</i> <i>Sodium-153</i>	<i>Calories-455</i> <i>Sodium-929</i>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Vegetable Omelet with Salsa Hash Brown Pot Dinner Roll # Apricot Smoothie	Chicken Marsala Red Bliss Potato Broccoli >Whole Wheat Bread Fresh Fruit	American Chop Suey Country Style Blend >Multigrain Roll # Birthday Cake	THANKSGIVING Day  Senior Center Closed	Sweet & Sour Pork Rib Confetti Rice Harvard Beets Scali Bread Mandarin Oranges
<i>Calories-298</i> <i>Sodium-369</i>	<i>Calories-338</i> <i>Sodium-224</i>	<i>Calories-381</i> <i>Sodium-406</i>	<i>Calories-</i> <i>Sodium-</i>	<i>Calories-360</i> <i>Sodium-479</i>



30				
Salisbury Steak Au Gratin Potato Diced Carrots >Whole Wheat Bread # Strawberry Cup	CONFIDENTIAL DONATION IS \$2.50 PER MEAL			
<i>Calories-452</i> <i>Sodium-296</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.

SYMBOLS: >High Fiber, \*Added Salt, # Added Sugar, Modified Desserts are available

## SENIOR CENTER ACTIVITIES

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

### NIACIN

**Good to know:** Also called Nicotinic acid, nictin-amide, vitamin B3. The human body can make niacin from the amino acid tryptophan, so any food high in tryptophan, such as turkey, will contribute to niacin intake.

**Recommendations:** Men ages 14-70+, 16 mg NE/day  
 Women ages 14-70+, 14 mg NE/day

**Benefits:** Contributes to energy production. Important for health of skin, digestive tract and nervous system.

**Food sources:** Protein rich foods, including milk, eggs, meat, poultry, fish, nuts and enriched cereals and grain products.

**Days supply in:** One small extra-lean hamburger (6.63 mg) PLUS ½ cup Grape Nuts cereal (9.98mg) OR 1 cup rice (2mg) PLUS 4 oz. broiled salmon (7.5mg) PLUS 1 tablespoon peanut butter (4.22mg) PLUS 1 bagel (3.1mg).

**Watch out:** In high doses nicotinic acid can cause dilation of blood vessels and a potentially painful tingling called a "niacin flush." High doses of niacin can cause diarrhea, nausea and vomiting. In the long-term, Liver damage may result.

## 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.

NOV	DATE	DESTINATION	PICK-UP	FEE
	6	Shaw's Market	9:30am	\$2.00
	10	Day of Beauty	8:30am	\$20.00
	13	Hannaford Mkt	9:30am	\$2.00
	17	X-Mas Tree Shop, Avon	9:30am	\$2.00
	20	Roche Bros	9:30am	\$2.00
	24	Legacy Place	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 Nurse's office at **781-251-2576**.

**FISH volunteers** are also available for some assistance to medical appointments. We have volunteers available for local calls, but **very limited service** to drive 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>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>Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p>NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT # 16</p>
--------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------



Come with us to visit the historic home of the extraordinary Alcott family, where **Louisa May Alcott** wrote and set the story—***Little Women!*** This van trip is **Wednesday, November 4<sup>th</sup>, 10 AM – 2 PM.**

Please **Register** for this trip with a guided house tour; cost is \$10.00. We will stop for light snack on the way back to the senior center.

---

**Reminder to please renew your Senior Newsletter home delivery:**

**COA Newsletter Subscription for 2010**

Please make your **\$4.00 check payable to the Friends of Westwood COA**,  
60 Nahatan Street, Westwood, MA 02090. Thank you.

**Name:** \_\_\_\_\_ **Tele #** \_\_\_\_\_

**Address:** \_\_\_\_\_