

Food Pantry

The Food Pantry provides assistance to residents in need in the Town of Westwood. For further information on the Food Pantry, please call (781) 329-8799.

SHINE

Serving the Health Insurance Needs of Elders. Health Insurance questions are administered through the HESCO office. Please call the Senior Center for further information.

Other Referrals and Services

Monthly Newsletter
Library Delivery Service
Legal Assistance
Income Tax Assistance
Visiting Nurse Associations
Adult Day Care
Home Care Information

Health Screenings

Blood Pressure Clinics
Blood Glucose Clinic
Bone Density
Cholesterol
Eye
Skin
Hearing

Friends of Westwood Council on Aging

The Friends of Westwood Council on Aging was established as a non-profit group in 1982, simply to assist the Westwood C.O.A. both financially and publicly.

Membership is open to any Senior Citizen. The yearly membership dues is \$5.00.

Over the past several years the Friends have provided support for the C.O.A. in numerous ways including the following:

Support at the Annual Town meeting for articles sponsored by the C.O.A.
Assistance in the (5) five-year plan for the C.O.A.

Financial assistance through various fund raising activities. Through their efforts, the C.O.A. has been able to purchase the following:

Computers
Music System
Furnishing the entire Senior Center
Exterior painting of Senior Center
Subsidized Evening Dinners

WESTWOOD COUNCIL ON AGING

60 Nahatan Street
Westwood MA
02090
781-329-8799

COUNCIL ON AGING
BOARD
(2009-2010)

Chairperson: Edie McCracken
Vice-Chairperson: Robert Folsom

Betty Connors
Margaret Dullea
William Galvin
Mary Gens
Irene MacEachern
Colleen Messing
Patricia Davies Verzino

The Senior Center is located at
60 Nahatan Street, Westwood, MA
02090.

The office is open Monday through
Friday from 8:00 AM – 4:00 PM.

STAFF

Patricia Carty-Larkin, COA Director

Carol McCarron, Program Director
Margaret Jean Stahl, Outreach Worker
Patricia Tucke, Clerk
Harold Dellentash, Van Driver

Nutrition Program

Daily Meals are served at the Senior
Center through H.E.S.S.C.O. (Health
and Social Services Consortium, Inc.)
The suggested donation is \$2.50.
Home Delivered Meals are also
provided to elders on a daily basis.

Information on the Nutrition Program
can be obtained by calling the Site
Manager at (781) 329-6514.

Outreach Services

..... Assisted Living Information
..... Food Stamps
..... Fuel Assistance
..... Health Care Proxy Information
..... Homestead Declaration
..... Home Visits

..... Living Will Forms
..... Nursing Home Information
..... Referrals to other Human Service
Agencies
..... Telephone Reassurance Line
..... Transportation Information
..... Westfare Taxi Coupons

Transportation Programs

The C.O.A. has a Medical Van
available for transporting elders and
disabled Westwood residents to
medical appointments. The Medical
Van has a wheelchair lift to assist
disabled clients. Two-day advance
notice is requested.

The C.O.A. also has a ten passenger
van to assist with the following:

Food & Mall Shopping, Trips to the
Senior Center, Assistance to Town
Events, Scheduled Cultural and
Educational Trips, Theater Trips

Other Transportation Services

Available

The RIDE applications, Westfare Taxi
Coupons, Foxfield Taxi and FISH

Socialization

Arts & Crafts
Bingo
Book Group
Bowling
Bridge Group
Card Games
Computer Classes
Craft Fair Group
Cribbage Group
Day Trips
Exercise Class
Financial Planning
Health Programs
Intergeneration Groups
Knitting Class
Lectures
Nutrition Site
Painting Class
Quilting
Tai Chi Class
Walking Group
Whist Group
Writing Series
Yoga

Senior Activities

Available through the
Recreation Department:

Aqua Fitness
Swimming Lessons