

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

<http://www.townhall.westwood.ma.us>

Lina Arena-DeRosa- Director

Trish Tucke-Program Manager

John Trigilio – Van Driver

Paul Kelly – Van Driver

Karen Segreve-Outreach Counselor

Lorraine Cavanaugh-Administrator

Al Mahagen – Van Driver

NOVEMBER 2014

Upcoming Events

(see inside for more details)

Greetings!

Thanksgiving kicks off the holiday season and as you prepare for the upcoming hectic season, we encourage you to take care of not only your loved ones, but take care of yourself.

Here at the Senior Center, we invite you to join us to help relieve your stress. Whether you enjoy yoga, exercise or Tai Chi; when you stay active and connected, it will help both your physical health as well as your emotional well-being.

The holidays can also be a tough time for those who have lost loved ones, for those living alone or for those whose families live far away. If you know of anyone who is alone and would like a call, a meal or a visit, please let us know. No one should be forgotten any time of the year, but this is especially true during the holidays. Our Friendly Visitor can stop in and say hi, or our volunteers can call and check in with the elder to make sure they are okay. Both are completely confidential.

So join us anytime or at any one of our classes, we are truly thankful for your participation and your support!

Happy Thanksgiving from all of us here at the Center!

Lina

Monday, November 3 & 10/Tuesday, November 18 -- SHINE Open Enrollment Appointments

Friday, November 7 – TRIAD Speaker, John O'Connor

Wednesday, November 19 – Complimentary Hearing Aid Service Clinic provided by Hearing Aid Solutions of Norwood

Saturday November 22 – Westwood Police Department Annual Thanksgiving Dinner

Tuesday, November 25 – Last minute errands

December 1 – Blue Cross Blue Shield Open Enrollment Discussion

A Veteran's Day Ceremony will be held at Veteran's Park on Tuesday November, 11 at 11:00 AM. Refreshments will be served at the conclusion of the ceremony at the Senior Center.



**REGISTRATION REQUIRED FOR
MOST EVENTS.**

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

CLASSES and EXERCISE

Low Impact Exercise **\$3.00/session**

Mondays Nov. 3,10,17,24 1:00pm
 Wednesdays Nov. 5,12,19 1:00pm
 Keep fit, stay healthy!

Fun Fit Exercise **\$3.00/session**

Mondays Nov 3,10,17,24 9:00am
 Wednesdays Nov. 5,12,19 9:00am
 Fridays Nov. 7,14,21 9:00am
 This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy!

Tai Chi **\$3.00/session**

Tuesdays Nov. 4,11,18,25 1:00pm

Tai Chi is a slow-motion, moving, meditative exercise for relaxation and health. As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. The instructor Scott Brumit, has studied various forms of martial arts since 1983, including tai chi and qigong.

Chair Yoga **\$3.00/session**

Tuesdays Nov. 18,25 9:30 am
 Thursdays Nov. 6,13,20

This class incorporates gentle sitting and standing movements, breathing exercises and meditation. People at all levels of fitness and/or with physical challenges are welcome.

CLASSES and EXERCISE

(continued)

Knit and Crochet **Free**

Tuesdays Nov. 18,25 1:00pm
 This class is led by Louise Vasil. Bring your projects and enjoy relaxing afternoons.

ONGOING ACTIVITIES

Waxing **Appointments required**

Friday November 7 8:30-10:30am

Licensed Aesthetician Lisa will offer waxing on the first Friday of each month (with the exception of Friday holidays*).

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.

Blood Pressure Clinic **Free**

Wednesday November 19 9:00am

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

REGISTRATION REQUIRED FOR MOST EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

ONGOING ACTIVITIES

(continued)

Legal Advice **Free**

Thursday November 13 8:30-10:00am

Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors usually on the first Thursday of each month. Appointments are scheduled at half hour intervals.

SHINE

(Serving Health Information Needs of Elders)

Monday and Tuesday Nov 3,10,18 9:00-11:00am

Lori Howell, SHINE representative, is Available, BY APPOINTMENT, to help you deal with issues or questions you may have regarding your health insurance.

Crafts Group **Free**

Monday November 3 10:00am

Come join our Craft Group led by Lorraine. Crafts made will be sold to raise funds for the Friends of Westwood Council on Aging. Limited to 8 participants.

Bereavement Group **Free**

Wednesday November 5,19 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets every other Wednesday during each month.

Patriot's Place/Walmart **\$2.00**

Wednesday Nov 12 9:30am

Join us for a day of shopping at the Outlets. There is a food court there for lunch.

Errand Days **\$2.00**

Wednesday Nov 5,19 9:30am

The COA van will take you on errands within a 5 mile radius of COA. Our driver will either wait for you or come back and pick you up depending on schedule.



Do You Need a Ride to the Polls? The van will be available on Tuesday, November 4th if you need a ride to go cast your vote. Call 781-329-8799 to book your ride.

REGISTRATION REQUIRED FOR MOST EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

GAMES & SPORTS

Bingo **Free**
 Thursdays Nov. 6,13,20 1:15pm

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

Bridge **Free**
 Fridays Nov. 7,14,21 11:00am

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

Mah Jongg **Free**
 Thursdays Nov. 6,13,19 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 Nov. 18,25 1:00pm

If you enjoy playing Whist come join our group.

The Sicilian Tenors – December 4

The Sicilian Tenors bring the joy of our favorite Christmas songs to life at Demetri's in Foxboro.

Meal: Roast Stuffed Chicken Breast or Baked Atlantic Scrod

Price: \$59 includes luncheon and show

New Year's Even Day Event –

Wednesday, December 31 at Sheraton Four Points in Norwood. Featuring Stephen McNulty and dancing to the Roy Cavicchio Orchestra.

Meal: Prime Rib or Baked Scrod

Price: \$64.95 includes Luncheon, Show, Orchestra, Party Favors & Champagne Toast

SHINE (SERVING HEALTH NEEDS OF SENIORS)

Don't get stuck paying too much for your 2015 Medicare Coverage. Medicare's "Open Enrollment", which allows you to change your current Medicare coverage to another plan for 2015, runs from October 15-December 7. Call 781-329-8799 for an appointment.

SPECIAL EVENTS

TRIAD Speaker: Free
John O'Connor

Friday November 7 10:00 am

John O'Connor is a former US Secret Service Agent and Massachusetts attorney for nearly two decades. Special Agent O'Connor investigated a host of financial crimes including: counterfeiting, securities fraud, bank fraud and real estate fraud. Special Agent O'Connor informs seniors of current financial crimes that are circulating nationally and warned them of fraudulent activity that can occur over the phone, on computers, and even on a person's doorstep. By educating seniors on the preventative measures they can take to avoid these types of scams, Special Agent O'Connor aims to reduce the risk of them becoming the victim of financial crimes.

Hearing Aid Service Clinic Free

Wednesday November 19 10:00 am
15 min.
appts.

A complimentary Hearing Aid Service Clinic provided by Hearing Solutions will be conducted here at the COA. They will help troubleshoot non-working aids, clean and check for wax or debris, provide small repairs if applicable. Or if you would like more information regarding hearing loss and hearing aids, please feel free to schedule an appointment.

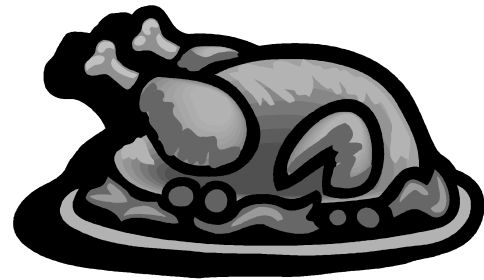
Last Minute Errands \$2.00
Tuesday November 25 8:30-2:00

Need to go on any of those last minute errands? The grocery stores will be crowded but the van can drop you off while you shop.

COA Book Club Free
Thursday November 6 10:00

Mrs. Lincoln's Dressmaker by Jennifer Chiaverine

WESTWOOD POLICE RELIEF ASSOCIATION ANNUAL THANKSGIVING DINNER



**SATURDAY, NOVEMBER 22 AT
THE OLDE COLONIAL, 171
NAHATAN STREET, NORWOOD AT
12 NOON
OPEN TO WESTWOOD
RESIDENTS
SIGN UP AT FRONT DESK BY
NOVEMBER 17**

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 such as wills, trusts, probate, estates, Medicaid, or veteran's benefits. Please feel free to submit your questions anonymously by dropping them in the **Ask a Lawyer Box**.

This month's question is:

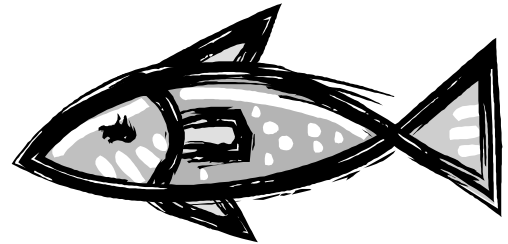
Q. I am in my early 80's and I am worried about losing all my assets to a nursing home. Someone told me that I should put my money in an annuity because annuities are protected. Is this true?

A. Yikes! It often scares me to hear the kind of misinformation floating around out there. Purchasing an annuity is sometimes a good planning tool for married couples when one spouse must enter a nursing home. The Medicaid eligibility rules include provisions intended to allow the spouse who is still living at home to keep enough money to pay her bills. One of these protective provisions permits a community spouse to spend down assets by purchasing a qualifying annuity for her benefit. However, the same provisions do not apply to a single individual. In fact, it is generally a very bad idea for someone in her 80's to purchase an annuity as it can limit access to funds that could be used to pay for care that will allow a person to remain at home or to pay for assisted living. Further, the purchase of an annuity will be deemed a disqualifying transfer to Medicaid eligibility purposes if the annuity does not comply with the Medicaid regulations.

The prospect of having to spend down assets on long-term care is scary. An experienced elder law attorney can separate the truths from the myths when it comes to long-care planning and help you understand your options.

Attorney Suzanne R. Sayward is certified as an Elder Law Attorney by the National Elder Law Foundation. She is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit www.ssbllc.com or call 781/461-1020.

This article is not intended to provide legal advice or create or imply an attorney-client relationship. No information contained herein is a substitute for a personal consultation with an attorney.



Omega-3's From the Sea

Omega-3 fatty acids are essential to our health and have been linked with health benefits such as protecting against heart disease and stroke. Since the body cannot make omega-3 fatty acids they must come from the diet, and fish is a great place to find them. Eating seafood and fatty fish may improve memory and brain performance as they contain DHA, a specific type of omega-3 fatty acid.

Incorporating more fish into your diet can be as easy as substituting fish for meat a couple of days a week. Aside from having more omega-3 fatty acids than red meat, fish is a lean protein so it contains less saturated fat. Grilling, baking or broiling are the healthiest ways to prepare fish and allows you to experiment with different seasonings. If fresh fish is not an option you can enjoy frozen or canned fish and receive the same health benefits. Plus, canned fish such as tuna or salmon is cheaper than fresh, more convenient to use, and can be stored for a longer time.

Try using different types of fish in salads, stir-fries, sandwiches, tacos, stews, and casseroles.

FREE MOVIES

Tuesdays at 2:00 PM

November 18

Blue Jasmine

2013 **PG-13** 98 minutes

The high life leads to high anxiety for a fashionable New York City homemaker in crisis who finds herself forced to live a more modest lifestyle in San Francisco. Woody Allen directs an ensemble cast that includes Cate Blanchett and Alec Baldwin.

November 25

Green Lantern

2011 **PG-13** 114 minutes

Hal Jordan, a talented test pilot, is chosen by an alien force of warriors to become their representative on Earth and use his new powers as the Green Lantern to promote order and justice before conflict destroys his world. Cast: Ryan Reynolds, Blake Lively and Peter Sarsgaard.

Upcoming HESSCO Elder Services programs held at their Sharon office:

Free Alzheimer Training for Family Caregivers At

Tuesday, Nov. 4th 10:00 am-2:30 pm

Participants in this training session will learn valuable strategies for:

- Reducing repetitive question asking
- Reducing resistance to bathing
- Dining out with loved one
- Successful communication techniques
- Making your home “dementia friendly”
- Activities you can do with your loved one
- Maintaining relationships with family members and friends
- Creating memory cues that can help maintain independence

This training is free for people caring for their loved one at home. Lunch will be served. Call **781-305-7107** to RSVP.

Caregiver Wellness Day Thursday, November 13th 2:00-6:00

Program consists of sessions which include breathing exercise, a relaxation video and an experience of gentle touch delivered by four licensed and insurance massage therapists. Caregivers will learn a technique which will allow them to end the day feeling relaxed, happy and cared for. At the end of the sessions, caregivers will have the tools to manage stress more positively and leave with a sense of self-empowerment and relaxation. Call **781-784-4944 x238** to register.

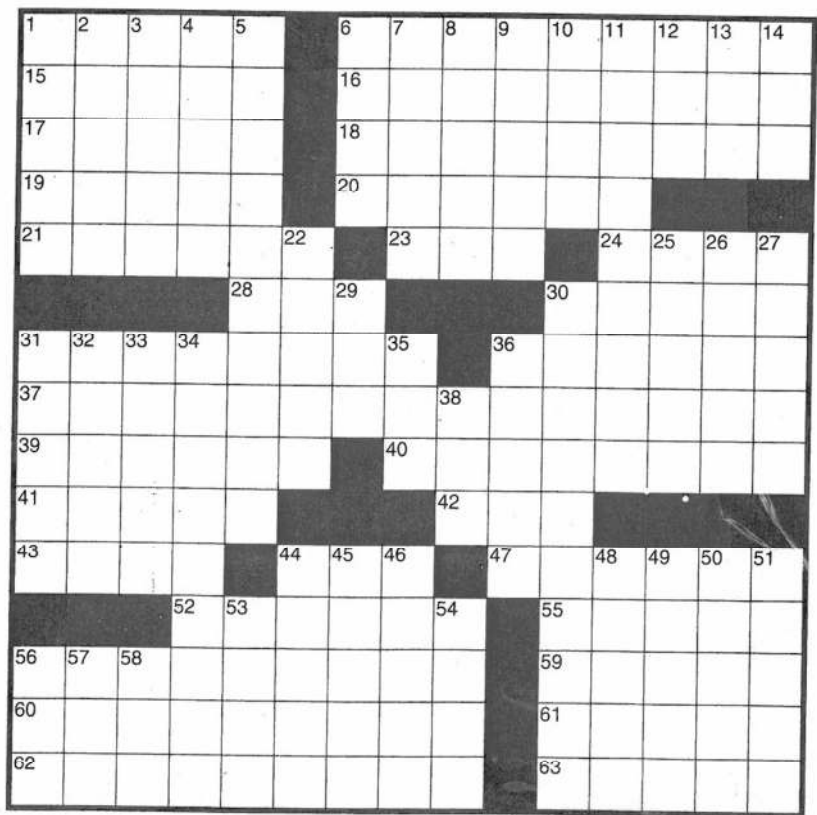
- ACROSS**
- 1 Hockey disks
 - 6 Interplanetary craft
 - 15 "___ Like It"
(Shakespeare play)
 - 16 Friction reducer
 - 17 Summarize briefly
 - 18 City folks
 - 19 City in central France
 - 20 Investigate anew, as a case
 - 21 Pointed weapons
 - 23 UFO pilots, perhaps
 - 24 Newsweek rival
 - 28 "Les ___"
 - 30 Attach, as blame
 - 31 "Like this clue"
 - 36 Nervous ___




- 37 Warned audibly
- 39 Roofing tiles
- 40 Erodes, with "at"
- 41 Studio stand
- 42 Ultimate degree
- 43 "What's ___ for me?"
- 44 Track circuit
- 47 Cried loudly
- 52 Triumphant cry
- 55 Chicago airport
- 56 F-16 propulsion
- 59 Seized
- 60 Demon ousters
- 61 Vote
- 62 Blockhead's attribute
- 63 Musical symbols

- DOWN**
- 1 Roles
 - 2 Deplete
 - 3 Go by bike

- 4 Australian marsupial
- 5 Highly paid poser
- 6 Disparaging remark
- 7 Blender food
- 8 Monk's superior
- 9 Dice game
- 10 Mozart's "___ kleine
Nachtmusik"
- 11 Scarcely detectable amount
- 12 Lid
- 13 Follower of Paul?
- 14 Mr. Barnum et al.
- 22 Locations
- 25 Relative by marriage
- 26 Dancer Shearer
- 27 Foe
- 29 British alphabet ender
- 30 Brat's weapon
- 31 Japanese immigrant

- 32 "Memento" director
Christopher
- 33 Resembling: Prefix
- 34 Takes off a leash
- 35 Sault ___ Marie
- 36 Meshlike
- 38 Solo of "Star Wars"
- 44 Connect to a computer network
- 45 Originate
- 46 Gasps
- 48 Ocean heavyweight
- 49 Huron and Ontario
- 50 Upright
- 51 Fender blemishes
- 53 Formerly
- 54 Pianist Myra
- 56 Jethro's uncle on TV
- 57 Devon river
- 58 Long or short weight






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A WEEK 3	4	5	6	7
KALE SOUP	CLOSED VOTING	PORK ROAST	AMERICAN CHOP SUEY GREEN & WAX BEANS >WHOLE WHEAT ROLL FRESH FRUIT	CHICKEN CHOW MEIN
SWEET & SOUR CHICKEN		W/APPLE SAUCE		W/VEGETABLES
BAKED BEANS		GRAVY		ASIAN RICE
MULTIGRAIN ROLL		OVEN ROAST POTATO		WHEAT BREAD
STRAWBERRY CUP		GLAZED CARROTS		PINEAPPLE CHUNKS
# HERMIT COOKIES				
CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM
B WEEK 10	11	12	13	14
BBQ BEEF RIB	VETERANS DAY	GRILLED CHICKEN	MEATLOAF	FISH NUGGETS
AUGRATIN POTATO	NO MEALS	W/CUCUMBER SAUCE	W/MUSHROOM GRAVY	*TARTAR SAUCE
CHUCK WAGON BLEND	SERVED	CONFETTI RICE	WHIPPED POTATO	HASH BROWN POTATO
VEGETABLES		PEAS	BEEFS	MIXED VEGETABLES
>WHOLE WHEAT BREAD		>MUFFIN	>MULTIGRAIN ROLL	WHEAT BREAD
STRAWBERRY CUP		FRESH ORANGE	#BUTTERSCOTCH	MANDARIN ORANGES
				PUDDING
CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM
A WEEK 17	18	19	20	21
*TURKEY HAM	MINSTRONE SOUP	MACARONI & CHEESE	RST. TURKEY W/GRAVY	
W/RAISIN SAUCE	HONEY	ESCALLOPED TOMATO	#CRANBERRY SAUCE	BEEF CHILI
DELMONICO POTATO	GLAZED CHICKEN	FLORENTINE	WHIPPED POTATO	DIRTY RICE
CUT GREEN BEANS	SWEET POTATO	>MUFFIN	SQUASH	WHOLE WHEAT ROLL
WHEAT BREAD	MULTIGRAIN ROLL	PEARS	SNOWFLAKE ROLL	STRAWBERRY CUP
PINEAPPLE CHUNKS	FRESH APPLE		#APPLE PIE	
CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM
B WEEK 24	25	26	27	28
CHICKEN POT PIE	MEATBALLS W/GRAVY	HONEY MUSTARD	THANKSGIVING	<u>COLD PLATE</u>
WITH VEGETABLES	BUTTERED NOODLES	GRILLED CHICKEN	NO MEALS SERVED	TUNA SALAD
GARLIC WHIPPED POTATO	JARDINIERE BLEND VEG	RICE PILAF		PASTA SALAD
BISCUIT	MULTIGRAIN ROLL	CALIFORNIA BLEND VEG.		COLESLAW
#FRUITED JELLO	MANDARIN ORANGES	>WHOLE WHEAT BREAD		PITA BREAD
		#OATMEAL COOKIE		FRESH FRUIT
CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM	CALORIES SODIUM
			VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514	MENU SUBJECT TO CHANGE WITHOUT NOTICE

SODIUM & CALORIES ARE FOR ENTREE AND DESSERT ONLY. MILK, BREAD & MARG ARE ADDITIONAL 300 MG SODIUM

SYMBOLS: > HIGH FIBER, * ADDED SALT, # ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.

NOVEMBER 2014 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fun Fit 9:00 SHINE 9:00 Crafts 10:00 Lo Impact Exercise 1:00 Painting 1:00	4 CLOSED FOR VOTING 	5 Errands 8:30-2:00 Fun Fit 9:00 Bereavement 10:00 Lo Impact Exercise 1:00	6 Yoga 9:30 Mah Jongg 12:30 BINGO 1:15	7 Waxing 8:30 Fun Fit 9:00 Roche Bros. 9:30 Triad Speaker 10:00 Rub. Bridge Gr. 11:00
10 Fun Fit 9:00 SHINE 9:00 Lo Impact Exercise 1:00 Painting 1:00	11 CLOSED FOR VETERAN'S DAY 	12 Fun Fit 9:00 Walmart/Patriot's Place 9:00 Bereavement 10:00 Lo Impact Exercise 1:00	13 Legal Asst. 8:30 Men's Club Board 9:00 Yoga 9:30 Mah Jongg 12:30 BINGO 1:15 Garden Club 1:30	14 Fun Fit 9:00 Shaws/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
17 Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	18 SHINE 9:00 Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	19 Errands 8:30-2:00 Fun Fit 9:00 Blood Pressure 9:00 Bereavement 10:00 Hearing Aid Clinic 10:00 Lo Impact Exercise 1:00	20 Men's Club Meeting 9:00 Yoga 9:30 Mah Jongg 12:30 BINGO 1:15 Woman's Club 1:30	21 Fun Fit 9:00 Hannafords 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
24 Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	25 Errands 8:30-2:00 Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00	26 CLOSED AT 12:30 FOR THANKSGIVING (No Van Service)	27 THANKSGIVING 	28 CLOSED

BLOOD PRESSURE CLINIC

Senior Center

November 15

9:00 AM – 11:30 AM



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SENIOR TRANSPORTATION SERVICES

Shoppers' Bus for Westwood residents is available on most Wednesdays to local Shopping Sites, and on most Fridays for food shopping. Participants are restricted to **4 shopping bags** per person.

NOV	DATE	DESTINATION	FEE
	5	Errands	\$2.00
	7	Roche Bros.	\$2.00
	12	Walmart/Patriot's Pl.	\$2.00
	14	Shaw's Mkt./Norwood	\$2.00
	19	Errands	\$2.00
	21	Hannaford's	\$2.00
	25	Errands	\$2.00
			\$2.00

The COA will make 2 trips for food shopping at 9:30 and 10:30am. The 9:30 trip will be picked up at store at 11:00 and the 10:30 trip will be picked up at 12:00 for return trip 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 mainly 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. Suggested donation for this service is \$2.00. Local residents will be picked up at their homes.

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.

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.

Westfare Taxi Vouchers are available to **eligible** seniors who longer drive or own a car. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799.

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