

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

SEPTEMBER 2014

Greetings!

September is the month the COA dedicates to thanking our Volunteers for all they do at the Senior Center.

Volunteers are the backbone of the Senior Center. Without their countless hours assisting in so many ways, the COA could not provide many of our services and programs.

The COA staff would like to thank each of you for your selfless dedication to the wellbeing of our seniors.

The COA staff is pleased to announce that Lina Arena-DeRosa has been chosen as our new director. Lina joins us after nine years as Director of the Holliston Council on Aging. We are excited about the vast experience and knowledge that Lina will bring to our center.

Please join us in welcoming Lina on Tuesday, September 2!



Upcoming Events (see inside for more details)

Additional Yoga Class on Thursdays

We are offering yoga on Tuesday and Thursday mornings. Chair yoga offers wonderful health benefits such as relaxation and improved flexibility. Flexibility can be improved at any age. Come try a class. Men are welcome!

COA Book Club

The book *Cascade* will be discussed on September 11 at 10:00.

Commonwealth Museum and Sullivan's

Wednesday, September 17 we will be going to The Commonwealth Museum which offers Massachusetts historical artifacts followed by a stop at Castle Island for lunch at Sullivan's.

Financial Success for Seniors

Join us on Wednesday, September 24 at 10:30 to learn some budgeting tips and money saving insights.

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 Sept 8,15,22,29 1:00pm
 Wednesdays Sept 3,10,17,24 1:00pm
 Keep fit, stay healthy!

Fun Fit Exercise \$3.00/session

Mondays Sept 8,15,22,29 8:30am
 Wednesdays Sept 3,10,17,24 8:30am
 Fridays Sept 5,12,19,26 8:30am

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

Tai Chi \$3.00/session

Tuesdays Sept 2,16,23,30 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. No class Aug 5.

Start time will be 1:30

Chair Yoga \$3.00/session

Tuesdays Sept 2,16,23,30 9:30 am
 Thursdays September 4,11,18,25

Chair Yoga for Strength, Flexibility, Balance and Relaxation. 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)

Quilting \$1.00

Tuesdays Sept 2,16,23,30 10:00am
 This class led by Cathy Bodio meets Tuesdays to share ideas and learn new things too.

Knit and Crochet Free

Tuesdays Sept 2,16,23,30 1:00pm
 This class is led by Louise Vasil. Bring your projects and enjoy relaxing afternoons.

ONGOING ACTIVITIES

Waxing Appointments required

Friday September 5 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.

**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

Tuesday Sept 2 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 Tuesday of each month. Appointments are scheduled at half hour intervals.

SHINE

(Serving Health Information Needs of Elders)

Tuesday Sept 2 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.

Crafts Group Free

Monday September 8 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 Sept 10,24 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 September 17 9:00am

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

Errand Days \$2.00

Wednesday Sept 10, 24

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.

Braintree Mall \$2.00

Wednesday September 3 9:30am

Join us for a day of shopping, walking or just people watching.

If you are planning on attending an event, please be sure and sign up at the front desk. We need to know how many people to expect, or the event could be canceled.

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 Sept 4,11,18,25 1:15pm

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

Bridge **Free**
 Fridays Sept 5,12,19,26 11:00am

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

Mah Jongg **Free**
 Thursdays Sept 4,11,18,25 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 Sept 2,16,23,30 1:00pm

If you enjoy playing Whist come join our group.

Murder Mystery Matinee – October 29
 Lantana’s Function Facility in Randolph
The Plot: When the SEC is closing in on a corporate money laundering scheme, the lead witness turns up dead and all the evidence destroyed. An elaborate string of murders will follow. Who is committing them and why they are doing it will need to be solved by you, but be careful, the murderer could be right next to you!
Meal: minestrone soup, rolls/butter, Holiday roast turkey dinner with all the fixings (gravy, cranberry sauce, potato, stuffing, vegetable) dessert, coffee/tea.
Price: \$59 includes show and meal

The Lettermen in Concert – November 12
 Begin the day at Mohegan Sun Casino where each traveler will receive a \$30 Casino gaming package: Includes (\$20 Free Slot Play/or Free Bet & \$10 Meal Voucher good at any eating facility). Then head to the Garde Arts Theatre in New London, CT to see this magnificent show.
Price: \$79 includes: Transportation, Driver’s gratuity, Show Ticket & \$30 Casino Gaming Package. 10 people needed for this trip to run.

The Sicilian Tenors – December 4
 Demetri’s in Foxborough, MA (more details in next newsletter)

PLEASE SIGN IN!
 It is very important that you scan your **My Senior Center Card** every time you come to the Center. Also, if you are a volunteer, you need to enter the hours that you work. We use this information to apply for grant money that funds many of our programs and services. If you don’t have a card, or need assistance, please see a staff member. Thank you!

SPECIAL EVENTS

COA Book Club

Thursday Sept. 11

Free

10:00am

Come join the discussion of **Cascade** by Maryanne O'Hara.

It's 1935, and Desdemona Hart Spaulding has sacrificed her plans to work as an artist in New York to care for her bankrupt, ailing father in Cascade, Massachusetts. When he dies, Dez finds herself caught in a marriage of convenience, bound to the promise she made to save her father's Shakespeare Theater, even as her town may be flooded to create a reservoir for Boston. When she falls for artist Jacob Solomon, she sees a chance to escape and realize her New York ambitions, but is it morally possible to set herself free?

Commonwealth Museum and Sullivan's

Wednesday September 17 9:30am

\$5.00

The Commonwealth Museum is the state museum of Massachusetts' history. Using collections and cultural resources under the care and custody of the Secretary of the State, dynamic exhibits and educational experiences have been created to impart Massachusetts' unique and exciting history. After the museum we will stop at Sullivan's on Castle Island for a delicious lunch.

Financial Success for Seniors

Wednesday Sept 24

Free

10:30am

Topics include: ways to budget your money and how to become debt free. All attendees will receive a workbook that will reinforce topics covered in workshop.



September is National Yoga Month!

If you are planning on attending an event, please be sure to sign up at the front desk. We need to know how many people to expect, or the event could be canceled.

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. My sister put her house in her children's names and tells me I should do the same thing—should I?

A. As with so many legal questions, the answer is 'it depends'. The most common reason people transfer their home to their children is to protect the home from long-term nursing home costs. Usually the home is transferred subject to the parents' right to live in the home for their lifetimes, sometimes called 'a life estate'. While transferring the home to children can be an effective way to protect the home from parents' nursing home care costs, there are many facts that must be considered first. These include:

- The current health and age of the parents making the transfer. In most cases, such a transfer will result in a 5-year ineligibility period for long-term Medicaid benefits.
- The stability of the children to whom the house will be transferred. Once you transfer your home to your children, they are the owners of the home and the home is subject to the claims of your children's creditors. Creditors include a divorcing spouse, a judgment creditor, an unpaid tax debt, a credit card collection proceeding, etc.
- The parents' intentions regarding sale of the home. If you are considering selling your home, you need to understand that your children will need to agree to, and participate in, the sale and that your children will be entitled to the lion's share of the sale proceeds. Further, there may be capital gain tax payable which could have been avoided entirely if the parents had retained ownership.

These are just a few of the many issues that need to be considered. While putting your home in your children's names *can* be a good planning tool to preserve the value against your possible future long-term nursing home care costs, it is a decision which should be made only after careful consideration of all of the circumstances and consequences. An experienced elder law attorney can advise you about the advantages and disadvantages of such a transfer and help you determine if this is the right thing for you to do.

Attorney Suzanne R. Sayward is certified as an Elder Law Attorney by the National Elder Law Foundation, a private organization whose standards for certification are not regulated by the Commonwealth of Massachusetts. 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.

File of Life Cards

Please take time to update any changes on your File of Life Cards. If new cards are needed, please stop by the Outreach Office to pick up new ones. It is important to keep your medication information up to date.

FREE MOVIES

Tuesdays at 2:00 PM

September 2

Stranger than Fiction

2006 **PG-13** 113 minutes

As best-selling novelist Kay Eiffel struggles with how to kill off her main character, IRS auditor Harold Crick begins hearing her voice in his head and slowly realizes that he must stop his own death. Cast: Will Ferrell, Maggie Gyllenhaal, and Dustin Hoffman.

September 16

Lilies of the Field

1963 **NR** 95 minutes

Aimless ex-soldier Homer Smith (Sidney Poitier) is on his way to California when his car overheats in the desert. He stops to get some water at an isolated farm and soon finds himself building a chapel for the nuns who live there. The stern mother superior (Lilia Skala) is certain God has sent Smith for just that purpose, and all of Smith's words to the contrary fall on deaf ears in this Oscar-winning film from director Ralph Nelson. Cast: Sidney Poitier, Lilia Skala, Lisa Mann.

September 23

The Secret Life of Walter Mitty

2013 **PG** 114 minutes

In this remake of the 1947 classic comedy, shy photo manager Walter Mitty is constantly daydreaming to escape his humdrum life and domineering mother, but when he gets embroiled in a real-life adventure, he discovers that being a hero is tough work. Cast: Ben Stiller, Kristen Wiig, Shirley MacLaine.

September 30

Labor Day

2013 **PG-13** 111 minutes

What begins as a short ride turns into a life-changing event for divorced single mother Adele Wheeler and her 13-year-old son, Henry, when they give a lift to a bloodied man on a fateful Labor Day weekend. Cast: Kate Winslet, Josh Brolin, Gattlin Griffith.

Fun Fact: This movie was filmed in Massachusetts. Benny's in Mansfield!

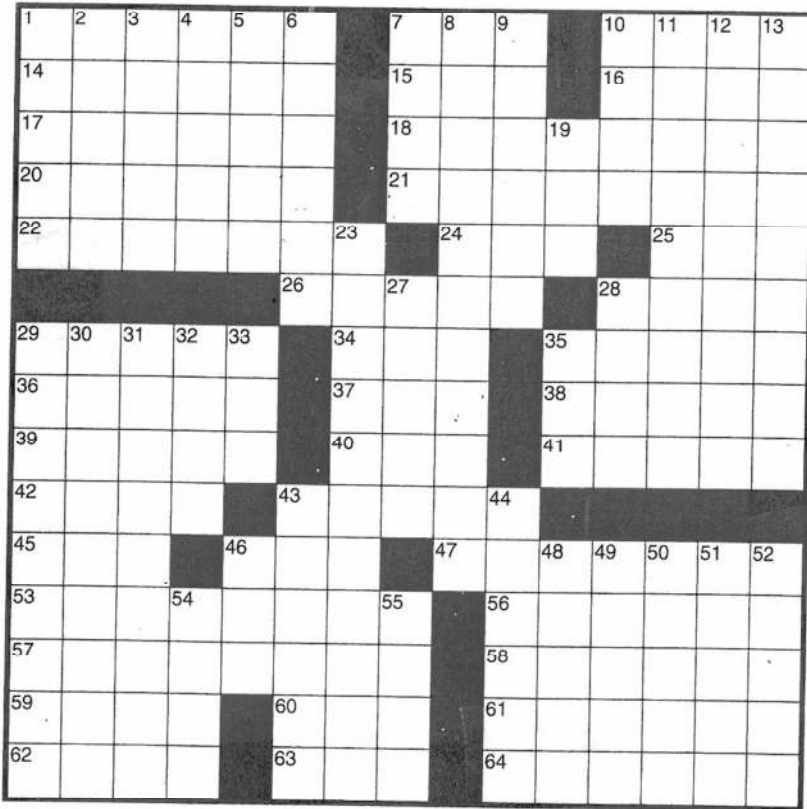
ACROSS

- 1 Designated
- 7 Wander aimlessly, with "about"
- 10 "Where's the cheek that ___ not fade ...": Keats
- 14 Breathe out
- 15 "___ had my way ..."
- 16 Fencing sword
- 17 Sour in taste
- 18 Listens
- 20 Capitol Hill body
- 21 Skating surfaces
- 22 Gold or lithium, e.g.
- 24 "This ___ test ..."
- 25 Sneaky laugh
- 26 Seer's card
- 28 "Count me out!"
- 29 Take ___ at (try)

- 34 He's a real doll
- 35 Overwhelming defeats
- 36 Smut
- 37 Zeta follower
- 38 Passageway
- 39 Giving great service?
- 40 Small quantity
- 41 Actress Garson
- 42 Fully developed
- 43 George Burns comedy of 1977
- 45 Use a shuttle
- 46 Regret
- 47 Brings down, emotionally
- 53 Passing quickly, as time
- 56 Average
- 57 Two-wheeled passenger cart
- 58 Rut
- 59 Will-___-wisp

- 60 Spasm
 - 61 Officially entered
 - 62 Untidy state
 - 63 One-time link
 - 64 Atelier props
- DOWN**
- 1 Rib
 - 2 Surpass
 - 3 Major European river
 - 4 "___, I'm Adam"
 - 5 High-class
 - 6 Appropriate
 - 7 Leslie Caron movie of 1958
 - 8 Devotees
 - 9 Sell off, as holdings
 - 10 Mr. Arnaz
 - 11 Informal party
 - 12 Mother's whistler?
 - 13 Baseball's Orel
 - 19 Chapter

- 23 Bite, so to speak
- 27 Label anew
- 28 Black, to Blanche
- 29 Besides
- 30 Prominent person in the party scene
- 31 Three-panel artworks
- 32 Baxter or Boleyn
- 33 Wet spongy ground
- 35 Joplin composition
- 43 "There ___ be a law!"
- 44 Hang freely
- 46 Essential hospital workers: Abbr.
- 48 Andrea ___ (famous ship)
- 49 Waste matter
- 50 Chew the scenery
- 51 Bellybutton
- 52 Huskies' tows
- 54 Eisenhower et al.
- 55 Shelter-providing org.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A WEEK	2	3	4	5
Labor Day	CHICKEN ALA KING	AMERICAN CHOP SUEY	VEGETABLE SOUP	KRUNCHY LITE FISH
No Meals Served	MIXED VEGETABLES	GREEN BEANS	RST. CHICKEN PICCATA	LYONNAISE POTATO
	PARSLEY RICE	DINNER ROLL	GARLIC MASHED POT	TARRAGON CARROTS
	>WHOLE WHEAT BREAD	PEARS	WHEAT BREAD	FRUIT MUFFIN
	#ARCTIC ICE		OATMEAL COOKIE	FRESH FRUIT
CALORIES	CALORIES 393	CALORIES 293	CALORIES 409	CALORIES 293
SODIUM	SODIUM 290	SODIUM 210	SODIUM 739	SODIUM 421
B WEEK 8	9	10	11	12
LASAGNA WITH TOMATO SAUCE	Center Closed	GREEK MEATBALLS	RST. TURKEY W/GRAVY	PORK TETRAZZINI
ITALIAN BLEND VEG		RICE FLORENTINE	CRANBERRY SAUCE	JARDENIERE BLEND VEG
MULTIGRAIN ROLL	Voting	SUMMER BLEND VEG	MASHED POTATO	>WHOLE WHEAT ROLL
PEACHES		>WHOLE WHEAT BREAD	WINTER SQUASH	STRAWBERRY CUP
		#BUTTERS COUCH	DINNER ROLL	
		PUDDING	BANANA	
CALORIES 261	CALORIES 395	CALORIES 399	CALORIES 397	CALORIES 473
SODIUM 425	SODIUM 345	SODIUM 488	SODIUM 603	SODIUM 201
A WEEK 15	16	17	18	19
MEATLOAF WITH ONION GRAVY	CHEESE TORTELLINI	KALE SOUP	HOT DOG WITH ROLL	SALMON FILLET WITH TERIYAKI SAUCE
CHIVE WHIPPED POT	SPINACH ALF. SAUCE	BREADED CHICK	*MUSTARD PACKET	RICE PILAF
CALIFORNIA BLEND VEG	GR. BEANS/CARROTS	BUTTERED NOODLES	BEANS BONANZA	SCANDINAVIAN VEG
>WHOLE WHEAT BREAD	MULTIGRAIN BREAD	FRUIT MUFFIN	GERMAN POT SALAD	WHEAT BREAD
#ALMOND COOKIE	PINEAPPLE	STRAWBERRY CUP	FRESH FRUIT	MANDARIN ORANGES
CALORIES 473	CALORIES 324	CALORIES 471	CALORIES 365	CALORIES 278
SODIUM 405	SODIUM 617	SODIUM 752	SODIUM 691	SODIUM 373
B WEEK 22	23	24	25	26
GRILLED CHICKEN	PASTA WITH MEAT SAUCE	ROAST PORK WITH APPLE GRAVY	<u>COLD PLATE</u>	TURKEY STEW WITH VEGETABLES
W/BBQ SAUCE	TUSCANY VEGETABLES	WHIPPED POTATO	CORNED BEEF SANDWICH	CHEESY MASHED POTATO
COUNTRY STYLE VEG	>WHOLE WHEAT BREAD	BEETS	FINGER ROLL	MULTIGRAIN ROLL
AUGRAUTIN POTATO	PEACHES	WHEAT BREAD	TRI COLOR PASTA SALAD	#VANILLA PUDDING
>WHOLE WHEAT ROLL		#BIRTHDAY CAKE	COLESLAW	
PINEAPPLE			CANTALOUPE	
CALORIES 391	CALORIES 397	CALORIES 435	CALORIES 304	CALORIES 350
SODIUM 627	SODIUM 249	SODIUM 397	SODIUM 764	SODIUM 689
	30	VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514	MENU SUBJECT TO CHANGE WITHOUT NOTICE	
SWEDISH MEAT BALLS	BEEF BURGUNDY			
PENNE PASTA	CONFETTI RICE			
RIVERA BLEND VEG	GLAZED CARROTS			
WHEAT BREAD	>WHOLE WHEAT ROLL			
MANDARIN ORANGE	STRAWBERRY CUP			
CALORIES 481	CALORIES 425			
SODIUM 420	SODIUM 402			

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

SEPTEMBER 2014 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Labor Day Closed	Legal Asst. 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 Braintree Mall 9:00 Lo Impact Exercise 1:00	Yoga 9:30 Mah Jongg 12:30 BINGO 1:15	Waxing 8:30 Fun Fit 9:00 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
8	9	10	11	12
Fun Fit 9:00 Crafts 10:00 Lo Impact Exercise 1:00 Painting 1:00	Voting Station Closed	Errands 8:30-2:00 Fun Fit 9:00 Bereavement 10:00 Lo Impact Exercise 1:00	Yoga 9:30 Book Club 10:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Shaws/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
15	16	17	18	19
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 9:00 Blood Pressure 9:00 Comm. Museum/Castle Island Trip 9:30 Lo Impact Exercise 1:00	Yoga 9:30 Volunteer Lunch 12:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 9:00 Hannafords 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
22	23	24	25	26
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Errands 8:30-2:00 Fun Fit 9:00 Bereavement 10:00 Financial Success 10:30 Lo Impact Exercise 1:00	Yoga 9:30 Mah Jongg 12:30 BINGO 1:15 Garden Club 1:30	Fun Fit 9:00 Stop & Shop 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
29	30			
Fun Fit 9:00 Lo Impact Exercise 1:00 Painting 1:00	Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00			



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SENIOR TRANSPORTATION SERVICES

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

Sept	DATE	DESTINATION	FEE
	3	Braintree Mall	\$2.00
	5	Roche Bros.	\$2.00
	10	Errands	\$2.00
	12	Shaw's	\$2.00
	19	Hannaford's	\$2.00
	24	Errands	\$2.00
	26	Stop&Shop	\$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.

FISH volunteers are also available for limited 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.

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

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